

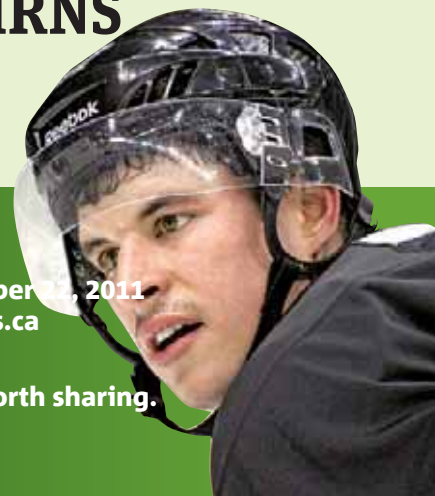


**NO BORING
MEALS AT BOWICH
SANDWICH SHOP
LUNCH RUSH** {page 21}

**ORIGINAL MOVIE STAR
KINGSLEY TO PLAY
ONE OF WORLD'S FIRST
FILMMAKERS** {page 11}



**COMEBACK KID
CROSBY RETURNS
IN STYLE
SPORTS** {page 24}



OTTAWA

metro®

Tuesday, November 22, 2011
www.metronews.ca



News worth sharing.

Occupiers told to leave

► Protesters given to midnight last night to go ► Some said they would resist, others planned to go to new location



**SEAN
MCKIBBIN**
@METRONEWS.CA

After waiting more than a month, National Capital Commission officials handed an eviction notice to Occupy protesters in Confederation Park yesterday.

Uniformed NCC conservation officers strode through the park around 3 p.m. handing out notices and hammering stakes in the ground with notices attached.

Protesters were given until midnight to get out. The park was full of tents, at least one teepee and a number of car-shelter structures, leaving some protesters worried about the logistics of removing their things.

"It was inevitable," said Matthew Moro, who described himself both as a documentarian and a social-justice activist. "I'm very proud of the work that was done here.... We've got a lot of new people into the social-justice movement in Ottawa."

Moro added the protests around the world calling for sharing of wealth had people talking about economic disparity.

NCC CEO Marie Lemay said the decision to evict wasn't based

solely on clearing out the park for Winterlude preparations, which usually start in December.

"It's about restoring and getting the land back to the use of the public, not just a specific group," said Lemay. "We've heard from people that they're not comfortable going through the land right now."

Lemay said after midnight, the situation would become a police matter and officers would be responsible for enforcing the Trespassing Act.

"We were really, and still are, hoping for a very respectful and safe resolution of this," said Lemay.

Last night that was still an open question.

"There are those of us who perhaps will not go quietly. There might be resistance. I can't say for sure what's going to happen," said Moro. Whatever happens, he said, the eviction isn't the end of the movement.

"Maybe we get packed up today, but maybe we'll be back in the spring and we'll know how to do it bigger and better."

● WITH FILES FROM JOE LOFARO

Occupy Toronto loses in court {page 6}



► NCC conservation officers post an eviction notice in Confederation Park yesterday ordering Occupy protesters out by midnight.

**PARTYING DOWNTOWN?
COME STAY WITH US FROM \$95***

*per standard room/per night
Friday/Saturday starting Friday Nov. 25th
Any day from Dec. 16th to Jan 7th, 2012
*subject to availability & taxes



341 MacLaren St.
Ottawa ON

613 594 5757
866 320 4567

www.thebostonian.ca



BOSTONIAN
executive suites

GET THE CAREER YOU WANT! CLASSES STARTING SOON

Paralegal *Part time evening program now available!*

Program Objective

Paralegal has become a regulated profession in Ontario as of May 1, 2007. To legally practice as an independent paralegal in Ontario, a person must be licensed by the Law Society of Upper Canada.

To obtain a license, a person must graduate from a program accredited by the Law Society, pass a licensing examination and be of good character. The Paralegal program of Algonquin Careers Academy is **accredited by The Law Society of Upper Canada**.

The objective of this program is to provide you with "hands-on" training in the key areas of paralegal work and to prepare you to successfully challenge the licensing exam. As a successful graduate you will have the knowledge and skills to enter into any Tribunal, Small Claims Court or Traffic Court, and be able to deal with every eventuality that may arise.

This 44 week diploma program includes an 4 week co-op placement.

Legal subject matter covered includes:

- Canadian Legal System
- Legal Research
- Evidence and the Litigation Process
- Torts and Contracts
- Employment Law
- Criminal Summary Conviction Procedure
- Provincial Offences/ Motor Vehicle Law
- Dispute Resolution and Mediation
- Advocacy and Moot Court
- Tribunal Practice and Procedure
- Immigration Law
- Residential Landlord and Tenant Law
- Ethics and Professional Responsibility



Pharmacy Technician

Program Objective

The *Health Systems Improvement Act*, 2007 enables the regulation of Pharmacy Technicians in Ontario. In order to practice as a Pharmacy Technician, a person must be registered with the Ontario College of Pharmacists.

Registration requirements will require a person to graduate from a program that has been accredited by the Canadian Council for Accreditation of Pharmacy Programs (CCAPP).

The Pharmacy Technician program of Algonquin Careers Academy is **accredited by CCAPP**.

The Pharmacy Technician diploma program is designed to prepare you for a challenging career in a Community/Retail Pharmacy, Hospital Pharmacy, Manufacturing Facility or Long-Term Care Facility.

This 40 week diploma program includes an 8 week co-op placement.

Pharmacy subject matter covered includes:

- Pharmacy Fundamentals
- Pharmacy Math
- Anatomy and Physiology
- Pharmacology
- Compounding
- Sterile Techniques
- Pharmacy Software
- Systems and Procedures-Community Pharmacy
- Systems and Procedures-Hospital Pharmacy



Personal Support Worker

Evening program now available!

"Knowing that you are making a difference" to people who need you is what makes this career choice very rewarding. Graduates of the Personal Support Worker Diploma Program are prepared to pursue a career in the traditional nursing assistant role in health care environments such as nursing homes, retirement residences, hospitals, hospices, and with health care service organizations.

This 27 week program includes 11 weeks of clinical placement.

Medical (Dental) Office Assistant

Do you like working with people? The Medical Office Assistant program is designed to provide you with the medical, clerical, and communication skills necessary to start a career as a member of the health care team in a medical or dental office.

This course is a 30 week diploma program and includes a 4 week co-op placement.

Fitness & Health Promotion



This program is designed to prepare you to plan, market, and deliver safe and effective fitness, wellness and healthy lifestyle programs. You will develop current, practical knowledge and skills in such areas as the development, implementation and evaluation of fitness and wellness programs, health promotion, lifestyle management, fitness assessments, leadership, safety and injury management.

This is a 40 week program including a 3 week co-op placement.

CALL TODAY
Classes Starting Monthly!
613-722-7811

Accounting and Payroll Administrator

The objective of this program is to train you in the practices of financial accounting and payroll in Canada.

This program focuses on three key elements: understanding the theoretical principles of accounting and payroll, practice the practical "hands on" skills required to do the job and mastering the communication skills needed to work in an office environment. You will have the necessary skills to enter into the workforce and maintain a complete set of books, both manually and with computerized systems.

This is a 38 week program. **CPA ENDORSED**

Travel Counsellor Online

The Travel and Tourism industry is one of the biggest employers in the world. By completing this program, you will obtain an understanding of the travel industry, agency operations, computer reservation systems, ticketing, destinations, geography, customer service and sales techniques. For reservations and ticketing you will be working with the premier electronic airline reservation system in the world! Complete this diploma program through online distance education.

ALGONQUIN CAREERS ACADEMY

1830 Bank St.

613-722-7811

algonquinacademy.com

Artists, entrepreneurs come together

JOE LOFARO
@METRONEWS.CA

Canada's arts community has a dependency, says one of the country's most distinguished photographic artists.

It isn't chemical, it's monetary.

"If you were to remove that (public) funding, it would be interesting to

see how many people would be left standing," said Jennifer Dickson. "I know that's a controversial position."

Dickson is one of two keynotes at today's art and entrepreneurship conference, The Art Works, at the Shenkman Arts Centre. She'll be speaking about her expe-

riences and how artists can make it on their own terms.

The goal of the conference is to teach people how to turn their passion into a business. Sculptor and gallery owner Paul Portelli will also speak.

Interest in the event has grown dramatically, said its head organizer

Leah Myer. About 35 attended the first conference in 2009, and this year about 250 are registered to attend.

Myer said conference is unique in Ottawa and will teach any artist the basics of starting a business.

More information is available at makeart-work.ca.



► Jennifer Dickson

Outlet mall is planned for Kanata

► Scotiabank Place, auto mall to get new retail neighbour ► Canadian, U.S. outlets expected

JESSICA SMITH
@METRONEWS.CA

Plans are in the works for a village-style outlet mall in Kanata near Scotiabank Place, says Kanata North Coun. Marianne Wilkinson.

Toronto-based RioCan Real Estate Investment Trust, and North Carolina-based Tanger Outlet Centers, announced yesterday they expect to jointly buy about 20 hectares of land to develop a Tanger Outlet Center.

Wilkinson said the companies have been in talks with the city about the plans to put a mall on the land — across Highway 417 from the Palladium Auto Park — for a few months.

"Lots of people love to

go shopping and rather than going down to the United States, why don't you do it in Canada and give the jobs to Canadians?" she said. "The preliminary design I've seen is very attractive. There's a number of small stores. It's not like an indoor mall, it's more like a village type of shopping. It's very pedestrian-oriented."

The preliminary plans would see parking around the outside of the mall, with internal streets and bridges over a creek that runs through the property, said Wilkinson.

The land is currently zoned "development reserve," and the outlet-mall plan would require approval from the city.

There is no word yet on what stores would be in the mall, but Tanger malls

in the U.S. typically carry name brands.

"The concept, design and merchandising of the Ottawa centre will be similar to those within the highly successful Tanger portfolio of outlet centres in the U.S.," the companies said in a press release. "When fully complete, the project will be home to approximately 350,000 square feet (32,516 square metres) of branded factory outlet retailers from the U.S. and Canada."

The companies also announced yesterday plans to buy the Cookstown Outlet Mall north of Toronto.



For more local news, visit metronews.ca/ottawa

Postcards. Stack



► Elizabeth Kessler, vice-president of university affairs with the Student Federation of the University of Ottawa, sits behind a pile of about 4,000 postcards at the Jock Turcot University Centre yesterday.

JESSICA SMITH/METRO

Students fight fare hike

Students at the University of Ottawa and Carleton University plan to hand-deliver more than 10,000 postcards, each signed by a student, to city councillors at a budget meeting on Nov. 30 to protest a line in the city's 2012 budget that raises the price of the U-Pass to \$180 per semester from \$145.

1

news



The Quebec government announces that a Montreal university will appoint North America's first research chair on homophobia. Scan the code for the story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

There's plenty of good economic news to be found these days, says Allan Small, and investors should be paying attention to it. More at metronews.ca/investing

HOTEL INSPIRED CONDOS®

S O H O

CHAMPAGNE

LUXURY CONDOMINIUMS

5% DOWN
until Christmas!*

MASTERCRAFT STARWOOD
Investment Builders Since 1951

*on selected 1 bdrm condominiums subject to availability and withdrawal at any time without notice.



OTTAWA'S MOST DESIRABLE RESIDENCES

MARBLE LOBBY DESIGNED BY GLUCKSTEIN



sohochampagne.com

4/14
Artist's Rendering

Tech giant expanding Kanata office

► Huawei will be hiring 120 new employees over the coming year



JOE LOFARO
@METRONNEWS.CA

Telecom equipment giant Huawei Technologies Co. is expanding its Kanata office ahead of schedule to 250 employees, the firm announced yesterday.

The expansion will double the workforce of about 120 employees at Terry Fox Drive, who focus on re-

search and development for wireless and semiconductor-chip technology. The jobs are expected to be added by mid-2013.

The province gave Huawei a \$6.5-million grant last year to invest in research and development. The company says it will invest a further \$67 million in R&D in Canada over the next five years.

Scott Bradley, Huawei

Canada's vice-president of corporate and government affairs, said the early expansion is due to the talent Ottawa has to offer.

"What we've seen in Kanata, certainly, is that the research talent that's here is world-class, and that's been the driver behind our investment on the research-and-development side in Canada and in Kanata," Bradley said.

\$1.4M

Huawei Canada is also partnering with Telus Mobility and Carleton University's faculty of engineering to build a \$1.4-million lab for research on cloud-computing technology.

Tuesday, November 22

Today Only

Save \$700
ZWILLING J.A. HENCKELS
TruClad 10-piece cookware set

Tri-ply aluminum core and stainless steel construction provides fast and even heat distribution.

\$299⁹⁹

Regularly \$999.99

Limit of 3 per customer.

PLUS, SAVE

55%

Other cookware sets
Save 30% on open stock cookware
Excludes All-Clad and WMF.



Bonus roaster included.
A \$239.99 value. That's
a total value of \$1239.98.

the **Bay**
thebay.com

Shop online.

Be the first to know about our one-day offers. Sign up at thebay.com for email updates. Follow us on twitter.com/thehudsonsbayco.

No rainchecks and no price adjustments. Offer available while quantities last. Cannot be combined with other offers. Selection may vary by store. Savings are off our regular prices unless otherwise specified. See in-store for details.

Larry. Cancelled



► Larry King's show at the National Arts Centre has been cancelled due to a scheduling conflict.

LEE JIN-MAN/THE ASSOCIATED PRESS

No-show for talk-show King

The legendary TV interview host was set to perform his Standing Up show in Ottawa on Nov. 28 and in Toronto on Nov. 29. King, 77, is on tour sharing stories of his career in radio and television. Show One Productions founder Svetlana Dvoretzkaia said ticket holders will be refunded.

Local man to live-tweet Mars Rover launch

A Kanata man is on his way to the Kennedy Space Center in Florida today after being chosen by NASA to join 150 others in a tweet-up of the launch of the Mars rover.

Andrew Symes will start tweeting tomorrow when he gets a tour of the launch pad, but the real action will start Saturday morning when he tweets messages and pictures of the launch as he watches it in person.

"I think it will give people a personal view of what

CONTRIBUTED
► Andrew Symes



the emotion is like," Symes said. "Tweet the personal side of the people that are there and what everybody's feeling."

Real-time updates from the launch will appear on Symes'd Twitter page at Twitter.com/FailedProtostar. **JOE LOFARO**

PUBLIC INVESTOR NOTICE

30K Condos in Florida, Arizona & Las Vegas
Exclusive to Canadian Residents!

ATTEND MILLIONAIRE MENTOR
GROUP'S FREE 2 HOUR SEMINAR



Now Canadians can buy...U.S. REAL ESTATE at 70% OFF!

\$51,323 PROFIT First Deal!

"We didn't know anything about real estate until we met mmg a few months ago. We invested \$100K into 3 condos and made a quick flip for 51K profit" — Mary and Lou V.



You don't need cash, credit or experience to take advantage of the incredible opportunity. You just need the desire to own your own personal real estate **CASH COW**. Attend this FREE 2 hour seminar and find out how you can own up to 10 investment properties in the U.S. for pennies on the dollar. Why not put \$30,000 in your pocket each month? **Take advantage of the U.S. GOLD RUSH** just like so many other fellow Canadians.

At this **FREE 2 hour seminar** you'll learn how to spot, finance and create instant cash flow on any one of many MLS properties available.

Learn How to Access Condos in Florida, Arizona & Las Vegas at Free Seminar



Condo in ORLANDO
1 bed, 1 bath
Extreme Price Reduction
\$29,000



Condo in ORLANDO
2 bed, 2 bath
Extreme Price Reduction
\$30,000



Condo in ORLANDO
1 bed, 2 bath
Extreme Price Reduction
\$30,000



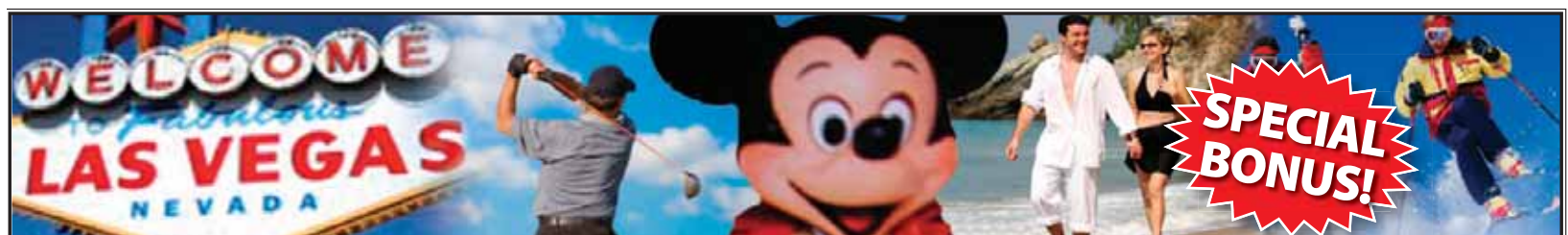
Condo in KISSIMMEE
2 bed, 2 bath
Extreme Price Reduction
\$31,800



Condo in Las Vegas
2 bed, 2 bath
Extreme Price Reduction
\$34,000



Condo in Las Vegas
2 bed, 2 bath
Extreme Price Reduction
\$29,900



VACATION GETAWAY! 3 Days/2 Nights! WHEN YOU ATTEND

All Attendees will Receive a **FREE MP3 PLAYER & INSIDERS HOT LIST!**

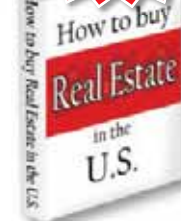
Millionaire Mentor Group presents...

CALL NOW 1.800.662.8631

register online at www.DiscountedRealEstate.ca



PLUS FREE E-BOOK!
when you REGISTER NOW!



Tuesday, Nov. 29
2 pm or 7 pm
WESTIN OTTAWA
11 Colonel by Drive
OTTAWA, ON K1N 9H4

Wednesday, Nov. 30
2 pm or 7 pm
BEST WESTERN BARONS HOTEL
3700 Richmond Road
OTTAWA, ON K2H 5B8

Thursday, Dec. 1
10 am or 3 pm
BEST WESTERN BARONS HOTEL
3700 Richmond Road
OTTAWA, ON K2H 5B8

Judge says Occupiers have to leave park

► Putting up tents or being in Toronto's St. James Park between midnight and 5 a.m. violates bylaws ► Some protesters plan to peacefully resist



► City of Toronto bylaw officers are accompanied by police as they place a new batch of eviction notices on tents and structures at the Occupy Toronto grounds in St. James Park, in Toronto, yesterday.

Allowing Occupy Toronto protesters to remain in a downtown park would amount to supporting anarchy, something Canadians have rejected, a judge ruled yesterday in upholding the city's trespass bylaw.

There was no immediate word on when the demon-

strators might be evicted or whether they would appeal the ruling, but the city's mayor said the protesters should get out of the park immediately.

"We've asked the protesters to leave as soon as possible," Mayor Rob Ford told a news conference.

"We'd appreciate their co-operation."

Within hours and to the jeers of protesters, bylaw officers under the watchful eye of police went tent-to-tent as they did a week ago to issue eviction notices. There was some pushing and shoving but no inci-

dents.

Insp. Gary Meissner said it was too early to know whether stronger measures would be required.

"I'll rely on the good judgment of people here and I'll see if they comply with that first," Meissner said. **THE CANADIAN PRESS**

We paid \$1,600 to remove a bed at G8 summit

Canadian taxpayers forked out almost \$2 million — including more than \$1,600 to remove a bed — to spruce up a luxury Muskoka resort for last year's G8 summit.

The renovations included \$500 to remove a small light fixture from one room and \$3,000 to raise a large chandelier in the main lobby of Deerhurst Resort.

The Harper government picked up the tab, which also included \$1,540 to move furniture in rooms used by the German delegation and \$1,650 to remove a king-sized bed and headboard from a room used by the French delegation. **THE CANADIAN PRESS**

No details

- Departmental spokesperson Natalie Pennefather said "full and complete documentation" was required before the government finalized payment for any of the work done at Deerhurst. She said such records were "only available" through Access to Information.
- Yet a subsequent access request for all receipts related to the \$1.9-million renovation tab produced nothing close to full and complete documentation.
- Only the \$95,000 worth of renovations to office spaces were detailed.

ONTARIO

Levac elected Speaker

Longtime Liberal Dave Levac was elected Speaker of the Ontario legislature yesterday, taking the reins as chief political referee in Ontario's first mi-



► Dave Levac

nority parliament in a generation. Before being whisked away to be fitted for his new black robes, Levac admitted he "got a little verklempt" after learning the results of the secret ballot.

THE CANADIAN PRESS

2DCANADA INC.
Technical Training and Consulting

REGISTER NOW FOR OUR EXCEL, WORD, AND POWERPOINT SEMINARS!
Held at the beautiful Chateau Laurier our facilities and personalized training are guaranteed to bring your skills to the next level!

Microsoft Word — December 7th to 9th
Full-Day: 9:30am - 4:30pm
Certificate awarded upon completion
For beginners and advanced users
Price: \$ 340.00

Microsoft Excel — December 8th to 8th
Full-Day: 9:30am - 4:30pm
Certificate awarded upon completion
For beginners and intermediate users
Price: \$ 340.00

Microsoft PowerPoint — December 12th
Full-Day: 9:30am - 4:30pm
Certificate awarded upon completion
For all users
Price: \$ 340.00

Find out more details about each of our unique courses at www.2DCanada.com or call us at 613-851-1444.

Kinderville
Quality care and education

Open House

Tuesday, November 22nd
from 4pm to 7pm

Infant, Toddler, Preschool, Kindergarten programs available!

OTTAWA
1644 Bank Street
Tel: 613-523-8060 www.kinderville.com

Canada's National Notary Public Company

Notarization & Legalization
Over 100 Locations Across Canada

Mobile Notary
Certified True Copies
E-Document Certification
Notarization & Commissioners of Oaths
Affidavits
Visa & Passport Processing

Red Seal Notary

Scan and Save

Fingerprinting
Background Checks
Land Title Searches
Authentication & Legalization (Apostille)
Consent to Travel

1-888 922-7325

NEED COOL DESIGN TIPS?
Read metrohome every Thursday.

Canada adds to Iran sanctions

- ▶ Britain cuts financial ties with Iranian banks
- ▶ Curbs aimed at preventing Tehran's nuclear goals

Canada joined Britain and the United States in announcing additional sanctions against Iran yesterday, as the three countries stepped up pressure on Tehran to end its nuclear-weapons program.

The United Nations International Atomic Energy Agency in Vienna warned two weeks ago that Tehran was more than likely on the way to acquiring nuclear weapons and pointed to several troubling signs.

House leader Peter Van Loan told the Commons that Canada would expand previous sanctions to block "virtually all" transactions with Iran's central bank.

"We will do what it takes

to isolate the regime and to minimize the risk that it poses to global peace," he said.

In July 2010, Canada imposed sanctions on Iran under the Special Economic Measures Act, aimed at restricting Iran's nuclear program.

A U.S. official told The Associated Press earlier yesterday the Obama administration would hit the Iranian economy with new sanctions.

The official said the financial and energy sanctions would target Iranian companies, the hardline Revolutionary Guard and Iran's petrochemicals sector. **THE CANADIAN PRESS**

United front

- ▶ Canada once again followed the U.S. and Britain by slapping sanctions last month on five Iranian nationals accused of plotting to kill the Saudi Arabian ambassador to the United States.
- ▶ The three countries froze the individuals' assets and prohibited Canadians from having financial dealings with them.
- ▶ They include Manssor Arbabsiar, an American who also holds Iranian citizenship, and Ali Gholam Shakuri, said to be a member of a special unit of Iran's Revolutionary Guard.

EU plans to ban shark finning

The EU's executive arm yesterday said that it wants to completely ban shark finning — the practice of removing sharks' fins and throwing the finless creatures back into the sea to die.

Under the proposal approved by the European Commission, all boats in EU waters — and EU-registered boats anywhere in the world — would have to land sharks with their fins attached.

THE ASSOCIATED PRESS

27

To become law, the proposal must also be approved by the European Council — the 27 EU heads of government — and the European Parliament.

KHALIL HAMRA/THE ASSOCIATED PRESS

▶ Protesters carry a boy wounded during clashes with Egyptian riot police in Cairo's Tahrir Square yesterday.



EGYPTIAN CABINET QUILTS PROTESTERS STILL WANT MILITARY OUT OF POWER

Egypt's army-appointed government handed in its resignation yesterday, trying to stem a spiralling crisis as thousands of protesters in Cairo's Tahrir Square clashed for the third straight day with security forces in violence that has killed at least 24 people and posed the most

sustained challenge yet to the military's rule.

The crowds in Tahrir broke out into cheers with the news of the cabinet's move. But there was no sign the concession would break their determination to protest until the military steps down.

THE ASSOCIATED PRESS

Celebrate the savings

Fido lets you talk and text worry-free



Use your minutes in any CityFido zone. Long distance charges may apply.

fido

CityFido™
\$35
per month¹

Unlimited
talk & text anytime

+ Unlimited international text messages



with select 3-year Fido Agreements²



FidoTRADE™

Trade in your phone and save on one of these Android™ powered phones

Even more reasons you'll love your Fido. Make the switch.

Go to fido.ca, visit a store or call 1-866-301-3436.



Offers subject to change without notice. Subject to FidoTRADE Program Terms & Conditions; fido.ca/fidotrade. A one-time \$35 Activation Fee applies; receive a credit for the entire amount of the \$35 Activation Fee on your invoice with new activation on a 2- or 3-year Fido Agreement. Early cancellation fees apply. Taxes extra. 1. Additional airtime, long distance, roaming, data, add-ons, provincial 9-1-1 fees (if applicable) and taxes are extra & billed monthly. Local airtime minutes within CityFido zones only; airtime used for calls made and received outside CityFido zones costs 25¢/min. Long distance charges of 25¢/min may apply & are determined based on local calling areas, not CityFido zones, fido.ca/callingareas. Plan includes messages sent from Canada to Canadian, U.S. or intl. wireless numbers. Sent/received premium messages (alerts, messages related to content and promotions) and messages sent while roaming not included and charged at applicable rates. Subject to Fido Terms and Conditions & Acceptable Use Policy, fido.ca/terms. 2. With new activation on 3-year Fido Agreement on plans of \$25 or more and eligible Data Add-on (\$10/100 MB Add-on excluded). ³Portions of this page are reproduced from work created and shared by Google and used according to terms described in the Creative Commons 3.0 Attribution License. Samsung Galaxy Q is a trademark of Samsung Electronics Co. Ltd., used in Canada under license. Fido & design, CityFido and FidoTRADE are trademarks used by Fido Solutions. © 2011

Breast-screening guides revamped

► Doctors now say women in their 40s should not have routine mammograms ► False positives feared

Most women in their 40s should not have routine mammograms and those 50 to 69 can wait slightly longer between the tests than previously recommended, updated Canadian breast-cancer-screening guidelines advise.

And for the first time, the Canadian Task Force on Preventive Health Care that developed the guidelines says that women aged 70 to 74 should be getting mammograms on the same schedule as those 50 to 69.

The revamped guidelines, published yesterday in the Canadian Medical Association Journal, apply

to women with an average risk of developing the disease — no previous breast cancer, no history of the disease in a first-degree relative like a mother or sister, no known BRCA genetic mutation and no previous exposure to radiation of the chest wall.

In its previous set of guidelines penned in 2001, the expert panel made no recommendations for average-risk women in their 40s as to whether they should have routine screening or not.

"Before, there was no recommendation for or against, and clinical practice followed that lead," said task force chair Dr.

Marcello Tonelli of the University of Alberta. "Most organized screening programs don't recruit women aged 40 to 49 years as a result."

"The biggest change of all is probably in the way in which we frame all of our recommendations, that breast cancer screening has risks and it has benefits."

In the 2001 guidelines, women 50 to 69 with an average risk of breast cancer were advised to have mammography every two years. But the new guide extends that period, saying such tests can be done every two to three years.

THE CANADIAN PRESS

Magic. Material?



► Scientists claim this is the lightest material in the world ... and it's metal. And being roughly 100 times lighter than Styrofoam, it can float on dandelion fluff.

HRL LABORATORIES/LLC/DAN LITTLE

Not all metal is heavy

So how did they make it? "The trick is to fabricate interconnected tubes with a wall thickness 1,000 times thinner than a human hair," says Dr. Tobias Schraeder. The material is composed of 99.99 per cent air and 0.01 per cent solids.

\$100,000 for clean shampoo bottle

Authorities have compensated an Australian man \$100,000 after he was wrongly accused of trying to smuggle drugs into the country in bottles of shampoo.

Neil Parry spent three days in jail last year after he was arrested at Darwin Airport and accused of trafficking liquid ecstasy.

But his two bottles of Pantene Pro-V shampoo and conditioner contained only what the labels said.

Australian Customs and Border Protection said in a statement yesterday that there were "mistakes made during the presumptive testing of Mr. Parry's goods" and additional procedures have been introduced when conducting drug tests.

THE ASSOCIATED PRESS



Samsung Galaxy Ace

A SALE as hot
as my buns.

\$25 + \$25

off select
Android™ phones.

bonus gift with all
Android™ phones.†

NEW plans!
No long distance
charges in
Canada.

Offer ends December 1, 2011.

koodo
mobile®

Good call



► FUTURE SHOP

Walmart*

koodo
shop

Ottawa
Bayshore Shopping Centre
Carlingwood Mall
Les Galeries de Hull
Place d'Orléans
Promenades de l'Outaouais
Rideau Centre
St. Laurent Centre

Belleville
Quinte Mall

Brockville
1000 Islands Mall

Cornwall
Cornwall Square

Kingston
Cataragui Town Centre

(†) Bonus gift will vary by store location. See store for full details. On new activations only; while quantities last. Android is a trademark of Google Inc. Use of this trademark is subject to Google Permissions.

Canadians overworked, out of balance: Study

► Heavy workload complaint up 25 per cent from two years ago ► Firms looking at cash rewards for fitness

Workload complaints have reached staggering proportions among Canadian employees, a global research firm said yesterday.

Nearly nine in ten employers — 89 per cent — reported heavy workload as a complaint among staff, results of a Towers Watson study show.

A similar study by the same firm two years ago found 64 per cent of employers reported excessive workload complaints among staff, a difference of 25 percentage points.

"Most organizations report that employee stress is a major and growing business issue," the latest results also show, comparing results to surveys done every two years for the past 16 years on the health and

productivity practices of North American companies.

"Canadian respondents cited excessive workloads, lack of work/life balance, unclear or conflicting job expectations and inadequate staffing as top sources of workplace stress," concludes the study.

As firms look to combat stress, disability and absenteeism, some are considering pay bonuses to workers who engage in fitness and health-management programs, the survey found.

"One-quarter of Canadian employers are planning to offer some type of financial reward in 2012, up from 13 per cent who currently do so," the study says.

Mental health conditions ranked as the top cause behind short-term disability claims in Canada at 83 per cent, researchers found. Next were back and other musculoskeletal issues at 76 per cent, followed by accidents at 37 per cent. Similarly, mental health conditions featured in 85 per cent of long-term disability claims, followed by musculoskeletal issues at 76 and cancer at 63 per cent.

The survey was completed by 335 human resources and health benefit managers at companies with 1,000 or more employees. The responders represent 7.8 million workers in all major industry sectors, Towers Watson said.

TORSTAR NEWS SERVICES

OIL SPILL

Brazil sets hefty fine for Chevron

Brazil's environmental agency said yesterday it will fine Chevron nearly \$28 million US for a continuing oil spill off the Rio de Janeiro coast.

The agency said that it will fine the oil company the maximum 50 million reals allowed under current Brazilian law.

Environment Minister Izabella Teixeira added





that as an investigation continues, Chevron could face "five or six" other fines if more infractions are found. It may also be asked to pay for other damages.

Teixeira and other officials said Chevron hid information about the extent of the spill from the government, took too long to begin cleanup operations and didn't have the proper equipment to contain the leak.

Chevron Corp. officials have accepted responsibility for the spill but reject these accusations.

THE ASSOCIATED PRESS

Market moment

TSX	Dollar
	
- 107.76 (11,784.68,)	- 0.99¢ (96.36¢ US)
Oil	Natural gas
	
- \$0.75 US (\$96.92 US)	\$3.399 (- 8.3¢)
	Gold
	\$1,678.60 (- \$46.50)

Actor Grant points finger at tabloid press for hacking

Actor Hugh Grant told a London courtroom yesterday about the dark side of celebrity life, describing mysterious break-ins, leaked medical details and

hacked voice mails — and laying blame on the entire tabloid press, not just the now-shuttered News of the World.

Grant's testimony to a judge-led media ethics inquiry capped a tough day for Britain's beleaguered press. Earlier, the parents of a murdered schoolgirl, whose phone was targeted by the tabloid, described

how the hacking had given them false hope that their daughter was still alive.

Grant said he believes his phone was hacked by Britain's Mail on Sunday tabloid — the first time he has implicated a newspaper not owned by media mogul Rupert Murdoch in the wrongdoing.

THE ASSOCIATED PRESS

60 seconds



BERLUSCONI RELEASES ALBUM OF LOVE SONGS IN ITALY, I AM THE ONE WITH THE PEST NOW'

Former cruise-ship crooner, flamboyant billionaire, now ex-Italian prime minister Silvio Berlusconi kick-starts a new career by going back where it all began: the music industry.

All the 11 "elegant and refined songs" in his newest release *Il Vero Amore* (True

Love), are written in Neapolitan dialect by Berlusconi and arranged by folk-singer Mariano Apicella.

Over the past decade, Apicella has been invited to the former PM's luxury retreat in Sardinia. Now, he admits, "people look at me

as if I was infected with a plague."

What's it like having Silvio Berlusconi as a sidekick for your album?

The premier, who is from Milan, has the rare privilege of being comfortable even with the hardest words of the Neapolitan dialect.... He's got natural talent: he could write a song in five minutes or even at night.

From the streets of Naples to Berlusconi's villas, your musical collaboration goes far beyond the studio albums.

I have a one-year contract with him. I work on call: he summons me and sometimes we play together at his parties. They were absolutely normal and decent dinners.

Becoming Berlusconi's personal serenader must be a tough job.

Even if you are Frank Sinatra or Pavarotti but you are friends with Berlusconi, people look at you as you were a "chiavica" ("rubbish").

Your music career owes a lot to Mr. Berlusconi: aren't you afraid that it will fade away with his political adventure? I don't believe he will ever quit his political career. He's not a quitter, he cannot stand inactivity.

This fall, Wednesdays are Open House Days at Randstad



Randstad is currently looking to fill over 100 Customer Service and Technical Support roles in the Ottawa area. All our jobs are listed at www.randstad.ca

We have permanent and temporary-to-permanent roles available in contact centers. We are looking for candidates who are fluently bilingual in English and French, have customer service experience and have open availability. Please bring your resume and 2 business references.

Randstad Open House every Wednesday from 8am to 5 pm Throughout October and November 2011
52 Elgin Street, Ottawa ON, K1P 5K6
Ask for Jody or Sarah

NAC closest bus stop is Metcalfe or paid parking is available at the World Exchange Plaza.

Questions? Call us at 613.688.5556, or email us at customer.ot@randstad.ca

Add "Randstad Ottawa" as a friend on  to view jobs, network with others, and ask questions of staff!



Staffing | Professionals | HR Solutions | Inhouse Services

SUNDAY BEST: AN ODE TO BRUNCH

SHE SAYS ...

JESSICA NAPIER
METRO



In my early 20s, eating breakfast on the weekend was a pretty pathetic affair. It never happened before 1 p.m. and almost always took place at a greasy diner called The Pancake House. Sweatpants were the dress code and if my bill came to more than \$6 after tax and tip I was doing something wrong.

After I graduated and moved off campus into a grownup apartment something happened: I stopped eating breakfast and started going for brunch.

If you're unfamiliar with the most delicious portmanteau in the dictionary, brunch is that sweet spot between breakfast and lunch. It isn't just a meal; it's an epicurean event. Brunch is a hungover server's worst nightmare and arguably the most civilized part of my week.

To become a person who brunches (it's also a verb now), you must develop a whole new attitude toward the late-morning meal.

"I don't raise an eyebrow at the outlandishly overpriced menu items; I eagerly hand over \$20 for deconstructed French toast or Huevos rancheros. I mean, this isn't just your run-of-the-mill bacon and eggs — it's brunch."

When I go for brunch, I expect to wait at least 45 minutes for a seat because, naturally, any restaurant worth going to doesn't take reservations. When I finally sit down, I order three different beverages — ice water, an Americano and a mimosa — to combat my dehydration, fatigue and hangover, respectively. I don't raise an eyebrow at the outlandishly overpriced menu items; I eagerly hand over \$20 for deconstructed french toast or huevos rancheros. I mean, this isn't just your run-of-the-mill bacon and eggs — it's brunch.

If my buttermilk pancakes have berries in them, I want those berries

hand-foraged from a local bramble and soaked in cassis for three days. I don't want sausage; I want chorizo. I don't want toast; I want fresh-baked focaccia seasoned with rosemary and sea salt. Why is that Bloody Caesar in a regular glass — shouldn't it be in a decorative mason jar?

I probably shouldn't be this high-maintenance when it comes to breakfast. I really can't afford to care this much about where my fruit garnish came from and whether the chicken that hatched my egg-white omelette was raised on an organic diet.

Yes, I could make these meals at home, saving myself money and the hassle of this so-hip-it-hurts ritual. But, as gratuitous as it is, brunch has become an integral part of my weekend routine.

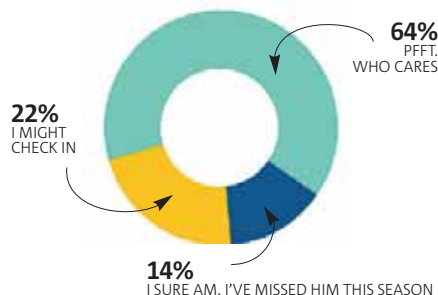
One day a week I give myself licence to be completely pretentious about waffles and consume 1,200 calories before noon. Let's face it: Sunday just can't happen until I've had some hollandaise.

Read more of Jessica Napier's columns at metronews.ca/shesays



Register at
metropolitanpanel.ca
and take the quick poll

Will you be watching Sidney Crosby's return to hockey tonight?



Worth Mentioning

RESTROOM LAURELS.

Toronto restaurant e11even has been named the best in Canada — not for the food but for the loo.

The upscale downtown dining spot won the second annual "Canada's Best Restroom" contest conducted by Mississauga, Ont.-based Cintas Canada Ltd., a provider of hygiene products.

Thousands of votes were cast on the contest's website, Cintas said.

With marble from floor to ceiling and elegant mosaic tile accents, e11even's washrooms flushed away the competition.

In second place was Allstream Centre in Toronto, followed by Hotel Le Germain in Montreal, David Morris Fine Cars in Edmonton and the Ottawa Convention Centre.

"We are thrilled to receive this honour," said e11even general manager Steven Salm. "While it may not always be top of mind when dining, we feel that the restroom is an integral part of the overall design."

THE CANADIAN PRESS



photo of the day



► This photo titled Haló? was submitted to the Photo of the Day category by Martina Teislerova from Czech Republic.

Metro invites its readers to join the Metro Global Photo Challenge — running in 100 cities on four continents — to win fantastic prizes and worldwide recognition. Enter your digital photos at metrophotchallenge.com. The contest runs until today. As well as a chance to win a trip to any city Metro publishes, submissions will also be featured here.

WEIRD NEWS

Pint-sized with monster drive

Kaid Jaret Olson-Weston is strapped into a 1,270-kilogram half-scale monster truck, humming playfully as he waits for the green light.

KJ, as he is known to his fans, sits patiently as he and his coach go over the safety features in his truck.

The roll cage is lowered. KJ starts the engine and jumps over humps of dirt before crushing a

beat-up car. He spins the truck — and its 90-kilogram tires — clockwise, then backwards, leaving behind a cloud of dust in its tracks at his training centre in Ocala, Fla.

Despite these feats, KJ can barely see over the steering wheel. At eight years old, he is the youngest monster-truck driver.

KJ performs across the U.S. at about 60 different shows every year. He signs hundreds of autographs at each show, but still considers himself an average kid.

"I do really good in school and am able to drive this, which people think it might be hard but it's actually pretty easy," he said. THE ASSOCIATED PRESS



► KJ with his monster truck.

UNCLUE TOD'S MOTORSPORTS, INC./THE ASSOCIATED PRESS

Kingsley keeps it simple

► Actor Sir Ben Kingsley talks about the importance of understatement when filming in 3D



► Sir Ben Kingsley plays Georges Méliès, one of the world's first filmmakers, in *Hugo*.

HEIDI PATALANO
SCENE@METRONWS.CA
METRO WORLD NEWS IN NEW YORK

Last year he played a mysterious doctor in Martin Scorsese's *Shutter Island* and now Sir Ben Kingsley partners up once again with Marty as he affectionately calls him, but for lighter fare. In *Hugo*, Kingsley plays one of the world's first filmmakers, Georges Méliès, who directed *A Trip to the Moon* and hundreds of other silent films in the early 20th century. Kingsley chatted with Metro

about the 3D filmmaking of *Hugo*.

George Méliès' film *A Trip to the Moon* is one of the most iconic early films ever made. Do you remember where and when you first saw it?

I don't remember when it was but I do know that when I was at school, it was a great school and it had a film society. We were able to watch some of cinema's masterpieces that came from way back. I know that we watched Fritz Lang films, Eisenstein films, and I think in and amongst them was *The Trip to the*

Moon because I know I'd seen it before.

Did shooting in 3D for *Hugo* affect your performance at all?

Yes. The 3D camera brought a kind of bonus where it was detail, detail, detail, very little CGI, which fed our performances tremendously and kept us in character beautifully. Also, the scrutiny of a 3D camera is quite alarming. I noticed fairly early on that the 3D camera can see what you've done before you've done it. It's so scrutinizing. It's x-ray. You can see the most

delicate changes of body language and facial expression, almost pulse and heartbeat. One thing that 3D camera insisted on was, "don't try to act. Don't show off. Don't be clever." Of course, Mr. Scorsese would also say, "keep it simple. Keep it honest."

On the set of *Hugo* you were known for staying in character as Méliès in his later years, when he was quite cranky and withdrawn. How did your young co-stars Asa Butterfield (*Hugo*) and Chloe Grace-Moretz (*Isabelle*) react to that?

Staying in character for me was almost mandatory. I'm quite fit and slim but I had to strap on this pot belly and I had to strap on this hump in my shoulders to have this depressed body. I'm more like the [younger] Georges directing in the glass house. I felt, it was going to be a huge effort to take all this off so I thought, "I must stay in character." Even though he was a sad man and somewhat defeated, I quite enjoyed that I had to stay in character. Then I learned to capitalize on it.

2

scene

Scene in brief



Acclaimed documentaries from Werner Herzog, Errol Morris, Morgan Spurlock (shown) and Steve James have missed out on a shot at the Academy Awards. Their films did not make the short list of 15 documentaries eligible for the feature-length prize.

THE ASSOCIATED PRESS



Martin Scorsese learns to see in a new dimension with *Hugo*

EXPERIENCE
CANADA'S FASTEST AND LARGEST LTE NETWORK.*

LTE
beyond 4G

ANOTHER FIRST IN OTTAWA. ONLY FROM  **ROGERS™**

Rogers LTE network available in Montreal, Ottawa, Toronto and Vancouver areas. See rogers.com/LTE for details.

*As compared to the Bell LTE network, based on tests comparing download speeds. ©2011 Rogers Communications

OPEN FROM 4PM
TUESDAY - SATURDAY

2 FLOORS | LICENSED PATIO | FREE PARKING
COMPLIMENTARY ADMISSION BEFORE 9PM

OTTAWA'S ONLY FIVE-STAR LOUNGE

BOOK YOUR
XMAS PARTY
NOW!

DELUXE MEETING SPACE FOR PRIVATE,
WEDDING AND CORPORATE FUNCTIONS
ACCOMMODATING UP TO 400 PEOPLE



O
OBSESSION

1575 St. Laurent Blvd.
613.288.0506

myobsession.ca

Find us on:
facebook



Dear JLo: Put the pants back on

► We've seen enough to know we've seen too much

ALL PHOTOS GETTY IMAGES

THE WORD

DOROTHY ROBINSON
SCENE@METRONews.CA



Jennifer Lopez is ridiculous. I put up with her Fiat commercials. I admit I was a little thrown

when the car appeared in her Papi music video (and a 30-second trailer for the video) but I dealt with it. But did a Fiat 500 really have to appear onstage with her during her performance of Papi during Sunday night's AMA's?

It's just that everything lately with the celeb has been so in-your-face. I realize she is trying to stage a comeback and is trying to refill her bank account, but it's reaching saturation point (like, what was up with that skintight Britney Spears-esque bodysuit she was wearing at the AMA's? We get it. You're 42 and still super hot but come on, put some pants on. You're a mom now; you can be sexy without showing off your crotch).

She is acting like a slutty reality TV contestant instead of the true



► It seems Jennifer Lopez dragged Britney's old get-up out of the closet for Sunday's American Music Awards.

star she is.

Another case in point? She was sure to leak her behaviour at a celebrity-packed AMA after-party to Us Weekly. The magazine reported that Lopez retreated to a private booth with her new boy toy, dancer Oscar Smart, where she was seen grinding on his lap, rubbing his

head and kissing him.

This isn't to say that Lopez shouldn't have a good time now that she's single and on the prowl. She gets a hearty "you go, girl!" for that. But she should do so within reason. And, for God's sake, leave your endorsements of Fiat for the commercials.

Attempt to drive away the divorce?

Just before Demi Moore announced she was divorcing him, Ashton Kutcher reportedly made a last-ditch effort to save their marriage by buying her a brand new car, according to TMZ.

Sources say Kutcher spent upwards of \$100,000 for a 2012 Lexus, ordering it Nov. 9 — two days before Moore's birthday. It's unclear if Moore accepted the gift or if Kutcher had to return it.

● METRO

Celebrity tweets



Without American thanksgiving to hold it back, Paris is very close to becoming Christmas city y'all. And it's not even December.



@Colin_Hanks



@taylorswift13

I got really excited about Christmas and bought all the holiday flavored coffee creamers at the grocery store.

@PamGrier



We do not stop playing because we are old, We grow old because we stop playing.

@pattonoswalt



"You just don't get it, man." -- my body fat, whenever I attempt exercise.

WHEN AND WHERE YOU NEED THEM

ALGONQUIN HAS VARIETY OF WAYS YOU CAN UPGRADE YOUR SKILLS

Life doesn't have to get in the way of a good education.

At Algonquin College's Centre for Continuing and Online Learning, you will find the part-time programs you need to upgrade your skills — delivered where, when, and how you need them. If you have family commitments, a job with long hours, or live in a remote community, you can still study here. The centre helps you find a way. With some 35,000 registrations every year, it has already helped a lot of people.

Among the many reasons clients enrol in the centre's continuing education programs, three stand out.

The first is career improvement. More than 70 per cent of the centre's students already have full-time jobs. They make money, but aren't satisfied with where their careers now stand.

These students look to the centre's programs as a way of making them more effective (and promotable) employees. Courses, offered in the evenings, on weekends, or online, allow them the flexibility to study while continuing to work.

The second big reason clients enrol is to change careers. Not everybody loves their work. Unforeseen circumstances, or career choices made long ago, can leave



ALGONQUIN COLLEGE PHOTO

you just a few credits or qualifications short of the career you dream about.

Studying at the centre can close this gap. The centre offers more than 120 programs and 1,500 individual courses, covering all sectors. The training you need, to get the career you want, can be found here.

Even so, some of the centre's clientele are more interested in personal development. For them, the opportunity

to learn about a new field, or perhaps gain a life skill that brings them personal satisfaction, is enough. More than 65 per cent of those enrolled at the centre have a university degree or college diploma — they know the value of learning and the joy that comes with it. The centre gives them a chance to experience that all over again.

Whatever brings you here, you can count on a welcoming environment. The

centre is committed to creating a culture of inclusion — delivering lessons in fully online, hybrid, on-campus, or accelerated delivery formats, providing educational opportunities to as many kinds of student as possible. Courses integrate technology seamlessly and universally, expanding access to all services. Wherever you are, whatever your challenges, there is a way to get the education you need.

CERTIFICATES COVER WIDE RANGE OF FIELDS

PART-TIME STUDIES SUITABLE FOR DIFFERENT KINDS OF STUDENTS

If you are a working professional looking to specialize in a specific field, whether locally, nationally, or internationally, the Centre for Continuing and Online Learning is the place to go.

The centre has expanded its inventory of part-time graduate certificate programs to 20, including a dozen available part-time on campus and 10 available online. They cover a wide range of fields and disciplines, suitable for different kinds of students.

Autism and Behavioural Science, for example, is intended for experienced professionals in that field, who wish to enhance their skills in



ISTOCKPHOTO/THINKSTOCK

dealing with clients on the autism spectrum. Courses are led by well-qualified and well-known professors

and clinical field instructors.

Other programs include Construction Project Management, Performance Coaching, Victimology, and various Registered Nursing programs.

Visit algonquincollege.com/grad to find the complete list.

Like the other programs offered through the centre, these put flexibility first. They make it easy for you to continue your studies, even if you must do so during irregular hours, or from far away.

Take the example of the Forensic Accounting and Fraud Investigation program, which currently includes a group of auditors living in Africa.

As with so many others here and abroad, these students are taking advantage of the online learning option to advance their careers. Geography is no barrier to their education, and it won't be to yours, either.

INFORMATIVE AND PRACTICAL

The Centre for Continuing and Online Learning's new winter programs are designed to help you turn what you love into a professional career. Combining traditional academic rigour with real-world skills and training, these courses are both informative and practical.

Take the centre's Virtual Assistant part-time certificate, offered completely online.

"In today's economic climate of layoffs, downsizing, and job sharing, businesses (large and small) are no longer able to 'do it all themselves,'" explains Pat Lychak, academic manager, Online Learning. "Instead, they are outsourcing to virtual assistants."

This is your chance to master both online and offline marketing strategies, learn to create business plans, and build a business website.

It's never too late

Elevate your Qualifications

with Algonquin
Graduate Programs

Algonquin Graduate Programs are offered by many of our schools and address the advanced learning and training requirements of specialized fields in high demand, including those shown here. Take your learning to a higher level and equip yourself with advanced credentials and credibility in the eyes of potential employers.

Find out more by visiting online algonquincollege.com/grad

An upward-looking view of an escalator with glass railings. The steps of the escalator are black with white text. The background is a solid green color.

**GREEN BUSINESS
MANAGEMENT**

ONO FOR NURSES *
* ORIENTATION TO NURSING IN
ONTARIO FOR NURSES

**KITCHEN AND
BATH DESIGN**

to start learning.

Know what it's like to be in demand.

Advance your skills with a certificate or diploma from the Centre for Continuing and Online Learning. Online and part-time program options give you the flexibility to work around your busy schedule. With well over 100 programs available online and part-time, you can advance your career, no matter what your niche.

Hot Picks Available part-time and/or online

AutoCAD
Foundations of Industrial Design
Child and Youth Worker **NEW**
Leadership Development Series **NEW**
Occupational Safety and Health
Personal Support Worker **NEW**
Project Management
Social Media
Sustainability Education
Tea Sommelier **NEW**
Virtual Assistant **NEW**

Advanced Performers Graduate Certificates part-time and/or online

Autism and Behavioural Science
Construction Project Management
Emergency Management
Forensic Accounting and Fraud Investigations
Information Systems Security
Performance Coaching
Registered Nurse – Emergency Nursing
Registered Practical Nurse – Mental Health Nursing
Teachers of English as a Second/Foreign Language
Technical Writer
Victimology
Working with the Terminally Ill – Multidiscipline **NEW**

GO FURTHER.

algonquincollege.com/indemand
1-888-684-4444

Go online to check out the full line-up of evening, weekend and online programs for winter 2012.

ALGONQUIN
COLLEGE



JUPITERIMAGES/BRAND X PICTURES/THINKSTOCK

ACCESSIBLE QUALITY EDUCATION

Students at the Centre for Continuing and Online Learning come from all walks of life. Many are working professionals, with limited time — they choose online study because it's adaptable to their busy schedules. The same is true for stay-at-home parents.

Others choose online learning because it's the most efficient way to train for a new career, or retrain following a layoff or an injury on the job. For those on medical leave, or with disabilities, studying online makes a quality education as accessible as possible.

The most obvious benefit of online learning is the opportunity it offers people living far from Algonquin's campuses. This includes not only students living in rural and remote areas, but those travelling to or living in other countries.

Algonquin students access online courses from 850 cities in more than 77 countries around the world. With more than 650 online courses (40 introduced just this fall), Algonquin College makes distance learning a snap.

"Well over 1,000 students visit our online classes daily," says Linda Rees, dean, Centre for Continuing and Online Learning.

"In the nine short months since we launched our ePortal, we have had over 200,000 visits from students from 850 cities in over 77 countries."

Regardless of where you are, online study requires self-discipline and excellent reading, writing, and analytical skills. It also requires particular self-direction and time-management skills, an emphasis on goal-setting, the ability to work independently, and a willingness to ask for help when necessary. But if you are looking to learn online, chances are you have mastered these things already.



ALGONQUIN COLLEGE PHOTO

AHEAD OF THE CURVE

While the fundamentals of great teaching will always be the same, technology is changing the way we learn — and fast. It's up to educational institutions to keep pace.

Algonquin College is ahead of the curve.

For many of the college's clients, traditional on-campus courses are now less appealing than those delivered via Internet. While it takes about the same amount of work to complete an online course as it does an on-campus course, the opportunity to complete your studies in the comfort of your own home — and around your personal schedule — makes online learning an attractive, even necessary option for many.

In response to this shift in demand, Algonquin's Centre for Continuing and Online Learning is increasing its range

MANY CHOICES

Flexibility, access, choice ... Algonquin College's Centre for Continuing and Online Learning embodies all three with:

- 120 part-time programs;
- 1,500 part-time courses;
- 21,000 part-time registrations per year on-campus and;
- 14,000 online registrations per year.

of programs available online.

The course's programs lead to the same accreditation and certification. You will still have assignment deadlines to meet and a final exam to write. You simply access your coursework and lectures, then submit your assignments electronically, as specified by your instructor.

You won't be required to spend money on a new computer or software — while the centre's online courses do require use of a computer and functioning Internet sources, the specifications are basic.

As a student, you will have 24/7 access to an ePortal, with the ability to view all course outlines, content and assignments, as well as additional support materials.

"The launch of our student ePortal has provided seamless access to e-services, learning management services, online courses, search engines, digital resources, digital (program) learning communities, communication tools, and social networking sites," says Linda Rees, dean, Centre for Continuing and Online Learning. "These features have had a dramatic and immediate effect on the quality of client service."

MAKE A POSITIVE DIFFERENCE WITH ALGONQUIN

The Centre for Continuing and Online Learning's new winter programs give you the chance to make a positive difference in the lives of those needing help.

"The Child and Youth Worker program at Algonquin College has an established reputation in the community, and a 35-plus year history with our community partners," says Jane Trakalo, academic manager, Community Studies, Health and Public Safety. "To meet the needs of the community, the first year of

FIND OUT MORE

You can find out more by contacting the Centre for Continuing and Online Learning by calling 613-727-7655 or toll-free 1-888-684-4444, or by email CCOL@algonquincollege.com.

the popular full-time program is now available part time on campus. As of fall

2012, the first year is also available as an online program, full time and part time, as well."

The centre's Personal Support Worker diploma program, also new, teaches you the practical techniques you need to work as a personal care provider in various health care environments. Offered as a part-time program on campus, it will offer you instruction on how to deliver individual care to clients of varying ages, and support their health-care needs.

Taylor-made abs

► Women sighed, men gasped
► Taylor Lautner's personal trainer Jordan Yuam tells us how to get the Breaking Dawn star's rock hard abs



ROMINA MCGUINNESS
LIFE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

After making fun of Taylor Lautner's hot physique, his svelte Twilight co-stars Kristen Stewart and Robert Pattinson admitted going "nuts" working out for their Breaking Dawn bikini scene. Lautner, on the other hand, had to go shirtless for the previous installments, sticking to an intense regimen throughout the saga — who's laughing now?

His workout

Lautner's trademark is his washboard abs.

"His Twilight body was perfect but it wasn't symmetrical," Jordan Yuam, his trainer throughout the entire series says. "He was so buff he almost looked cartoonish, but every-

thing was based on the moment he took off his shirt."

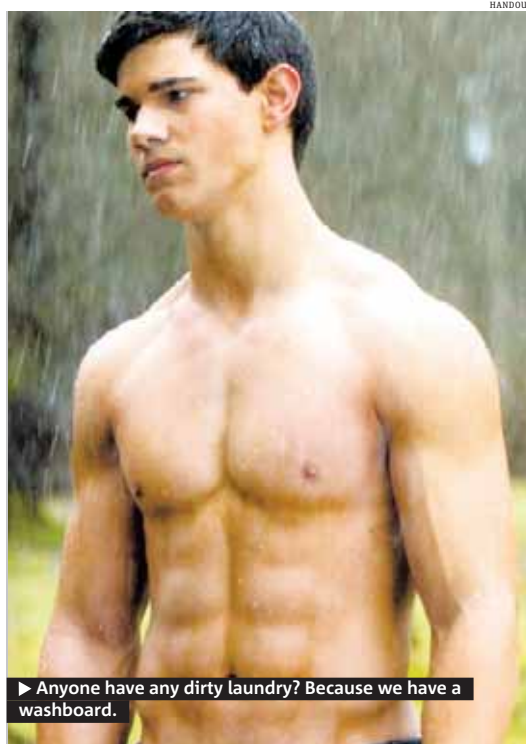
When he wasn't filming, Taylor's body was 10 to 12 per cent but for Twilight, Yuam would bring it down to seven per cent.

"Taylor's always up for a challenge, he's so focused and disciplined. We'd meet up four times a week to chisel away fat," Yuam said.

In order to get Taylor ready for his role as ripped werewolf Jacob, Yuam used a combination of classic moves including hanging leg raises and reverse crunches to define his muscles.

The (super) power

"I got Taylor on the power plate," says Yuam. "It's instrumental to my work as I use it to create muscle and for post workout recovery."



► Anyone have any dirty laundry? Because we have a washboard.

He admits that he uses the Power Plate "more than ever" to sculpt his clients' bodies. It's high-speed workout as vibrations (around 1,000 per minute) are transferred to your muscles causing them to contract as a reflex action. This creates internal heat that increases circulation, oxygenates blood flow around the body, flushes out toxins stored in fat cells and lactic acid.

"Working out is about recovery and the plate loosens up your stabilizers

so you don't get sore. The idea isn't to do thousands of reps; 25 is enough (12 minutes on the plate). I don't believe in workouts that last more than 50 minutes," Yuam added.

Wolfing food down

"Taylor isn't naturally big. So the key to maintaining his frame was to make sure he ate right pre and post workout. Breaking Dawn was a challenge, as we had to overlap with his Abduction body for which he was doing a lot of boxing," says Yuam. "He was

burning a lot of calories and finding it hard to eat enough."

He devised a diet combining healthy fats, carbohydrates and protein.

"He ate simple carbohydrates, such as bananas, to maintain glycogen levels and provide slow energy release throughout the workout as well as whey protein blended with oatmeal to build muscle."

And right before a shirtless scene, Yuam made sure he ate no fruit and vegetables. Just like a real werewolf.

YUAM'S 3 TIPS

- 1 TENSE:** The fastest way to lose your body is by over training. Never work on your abs every day or they will lose density. Others may disagree, but I believe the key to lean muscle mass is to work out under localized tension.
- 2 TWIST:** Linear abs alone will make your oblique muscles too tight. Do your abs in both a lateral and diagonal plane to avoid a build up of tightness and loss of flexibility.
- 3 VIBRATE:** The Power Plate frees up lactic acid, loosens muscles and helps you recover more quickly after a workout. You will feel less fatigue and your muscles won't be so tight.

3

life

A new study shows



Scientists from the University of Barcelona found that eating nuts is linked to higher levels of serotonin, which decreases appetite. Just one ounce (approx 30 grams) a day of can boost happiness and heart health.

© METRO WORLD NEWS



AIDS epidemic levelling off, but AIDS-free generation may still be too optimistic, experts say



Clear your schedule. We're clearing out for our new store.

We're getting ready to open Canada's largest IKEA store. The new IKEA Ottawa opens Dec. 7th.

Visit IKEA.ca/Ottawa for weekly deals.



Now go do the workout

► Here are four ab exercises Taylor Lautner did to prepare for *Breaking Dawn* ► Get cut with these moves



HANGING LEG RAISES

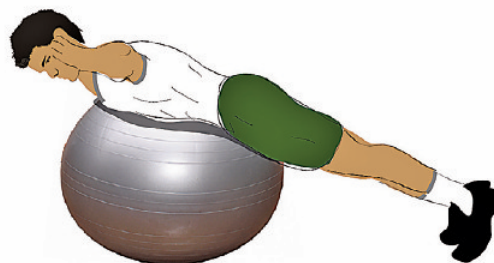
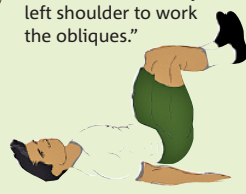
- "This helped bring out and thicken Taylor's upper torso," says Yuam. "Hanging leg raises helped round out Taylor's abs. It brings out the muscles around the upper corners of the

rib cage and wraps around into his back muscles. I also use this exercise to lengthen the torso. He would do various positions moving from rectal ab area to the oblique area." 12-15 reps holding for 10 counts each time

- **How to do it:** Grab a chin-up bar overhand and hang with your feet together and your knees bent slightly. Bend your knees to lift your thighs up to your chest. When the front of your thighs reach your chest, hold the position and exhale fully. Then slowly lower your knees back to the starting position, consciously inhaling fully. Try widening your legs a little more each time to increase the effectiveness.

REVERSE CRUNCH

- "He would perform 3 sets at 12-15 reps."
- **How to do it:** Lie like the picture. Then lift your feet off the floor (six inches max) so your thighs are perpendicular to the floor and your legs parallel to the floor. Exhale on your way up, pulling your knees in toward your chest and lift your hips off the floor. As you pull your legs in twist your torso and angle both knees towards your left shoulder to work the obliques."



COBRA POSE

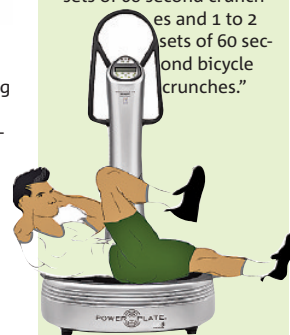
- "This move helped loosen up his shoulders after lifting a lot of heavy weights."
- "The Cobra pose on a 65 cm exercise ball made sure the front of Taylor's shoulders didn't get too tight. Holding that position no longer than five counts and then standing him up and bending at the waist with his head down

circling the arms in each direction for eight rotations. I was alternating this movement with the Power plate to get the lactic acid and stabilizers to recover for more sets and reps."

- "Many men with anterior instability issues should utilize both moves so the inflammation in that region is minimal," Yuam said.

POWER PLATE CRUNCHES

- "It may feel uncomfortable and breathing must be adjusted. The direct stimulation helped tighten his whole back area. I had him do 2 sets of 60 second crunches and 1 to 2 sets of 60 second bicycle crunches."



Give your Legs a Facelift!

VARICOSE VEINS

Painful veins on your legs?

Good news: NO Surgery! Ultrasound-guided injections treat large varicose veins.

SPIDER VEINS

Spider veins on your legs or face?

Get rid of them with simple injections.

Dr. Lucie Beaupré
American Board of
Phlebology Certified



OTTAWA
1335 Carling Ave.
Suite 600
(613) 722-0101

GATINEAU
500 Boulevard
de L'Hôpital
Suite 102
(819) 561-0561

www.drbeaupreveinclinic.com



DR. BEAUPRÉ
VEIN/VARICES
CLINIQUE



We're getting ready to open Canada's largest IKEA store.
The new IKEA Ottawa opens Dec. 7th.

Visit IKEA.ca/Ottawa for weekly deals.



Fertility won't wait for you

- Waiting to have children leaves some would-be moms empty nested
- Expert stresses getting informed



CELIA MILNE
LIFE@METRONWS.CA

Waiting too long to have babies could leave you disappointed.

Many women are delaying having children until their late 30s and 40s, not realizing that in some cases, even fertility treatments can't help them out, warns the Society of Obstetricians and Gynecologists of Canada (SOGC).

"It's heartbreaking," says Dr. Allison Case, medical director of the ARTUS Fertility Centre at the University of Saskatchewan in Saskatoon. "Patients say, 'If I'd only known.' They

wish they could go back three or four years and make a different choice. That's what I see in my office."

The SOGC has developed a new guideline for doctors suggesting that women in their 20s and 30s need better counselling about the age-related risk of infertility and the limits of how much assisted reproductive technologies can help.

The average age of first pregnancy in Canada has been gradually rising over the last few decades. In 1970, the median age for women to have their first baby was 24.5 years. Now, says Case, more women



► The average age of first pregnancy in Canada is on the rise.

than not are waiting until they deliver their first child over the age of 30.

"The danger is that as women get older, it is more difficult to get pregnant. For every year over the age of 35, the

chances of getting pregnant each month drop precipitously," she says. Celebrities are having their babies into their 40s, and this is misleading for patients.

Many couples delay hav-

ing a family, thinking that they can rely on fertility treatments if they need to.

"Yes, there are wonderful treatments that are able to help many couples, but they still can't overcome the biological

Older moms

Women's age at first childbirth has increased over the years.

- **Statistics** Women waiting until over the age of 34 was six per cent in 1975, and this grew to 25 per cent by 2005, according to the journal Fertility and Sterility. "If you are waiting until your mid 30s for the first child and you want a second child, it is potentially a lot more difficult to get pregnant at that age. That is why families are getting smaller," says fertility expert Dr. Allison Case.

effects of age," says Case. "If they do decide to delay, we want to make sure it is an informed and educated choice."

VOLUNTEERS NEEDED FOR DEPRESSION RESEARCH

Psychiatrists at the Ottawa Psychopharmacology Clinic are currently conducting a research study of an investigational medication for depression. The purpose of the study is to further our knowledge about the possible treatment of depression. Study duration is 10 weeks in total. Included are a physical exam, blood tests and a psychiatric interview. All information provided will be treated in strictest confidence. To volunteer, you must be 18-75 of age, not currently in psychiatric treatment (unless you are being referred by your treating doctor), have no drug or alcohol problems and be in generally good physical health.



Ottawa Psychopharmacology Clinic Smyth Medical Centre

If you have answered YES to five or more of these statements and have felt poorly for the past month, you may be suffering from depression. To be evaluated for this program please call, any time (24 hours), leave your name and phone number on our confidential voice mail:

(613) 737-5454 ext. 225

All information is kept in strictest confidence.
Research programs are reviewed by an ethics review board.

	YES	NO
I am feeling sad and depressed	<input type="checkbox"/>	<input type="checkbox"/>
I am having difficulty sleeping	<input type="checkbox"/>	<input type="checkbox"/>
I am feeling low in energy and slowed down	<input type="checkbox"/>	<input type="checkbox"/>
My appetite has changed	<input type="checkbox"/>	<input type="checkbox"/>
I am experiencing feelings of guilt	<input type="checkbox"/>	<input type="checkbox"/>
I have lost interest in work and pleasurable activities	<input type="checkbox"/>	<input type="checkbox"/>
I feel hopeless about the future	<input type="checkbox"/>	<input type="checkbox"/>
I feel tense and anxious	<input type="checkbox"/>	<input type="checkbox"/>
I am having difficulty making decisions	<input type="checkbox"/>	<input type="checkbox"/>
I am having trouble concentrating	<input type="checkbox"/>	<input type="checkbox"/>

ADVERTISING FEATURE

YOUR DENTAL HEALTH

OPEN
EVENINGS &
SATURDAYS



NEW
PATIENTS
WELCOME

Located in the Rideau Shopping Centre • 613-230-7475
SMILE RIDEAU STYLE

THE EVER IMPORTANT DENTAL X-RAY

If you have visited your dentist regularly, you will have had an x-ray. It has been an essential element to **complete dental treatment** for years.

The x-ray has been around so long, we might take its technology for granted. Yet it continues to be an amazingly useful diagnostic tool for dentists. It operates by sending out waves of energy that can pass through solid objects. The more dense the object, the more the rays are absorbed.

Teeth are quite dense compared to your cheeks and gums. As a result, your teeth will absorb more x-ray energy, which is why they show up lighter in colour on the x-ray film. Existing fillings are more dense than teeth and appear lighter on the film. However, since **cavities** are areas of the teeth which have decayed, they appear much darker than the rest of the tooth.

This simple contrast in the darkness of the x-ray image enables your dentist to see **things that cannot be observed with the naked eye**. For instance, your dentist can use x-rays to spot early signs of decay between teeth, under the gumline or beneath an existing filling. An x-ray can also reveal bone



Dr. Wayne Perron
Dental Surgeon

loss associated with periodontal disease, locate signs of infection or the fact that a nerve beneath the tooth has died, which can be a precursor to root canal.

The value of the x-ray is its ability to help your dentist **find these potential problems as early as possible**. When found early, treatment may be much easier and less intrusive.

The question that remains is how often you should have an x-ray. Unfortunately, there is no one simple answer to this question. **Your dentist will want you to have x-rays as often**

as your dental health requires. Some people may only require x-rays every year or two. Other patients may need them more frequently, perhaps as often as every six months.

For instance, people with periodontal disease, those with a number of fillings, or who suffer from dry mouth or who smoke may benefit from having x-rays every six months. More frequent x-rays bring into question the health concerns associated with x-ray radiation.

Patients should feel confident that **dental x-rays subject you to very small levels of radiation**. Furthermore, your dentist will take all of the necessary precautions to ensure your exposure is kept to a minimum.

If you continue to have any concerns about x-rays, you should speak to your dentist about it. **You need to be comfortable with the treatment you receive.** This means balancing any concerns about x-ray radiation with the benefits of early detection of dental problems. Because finding dental problems early is a healthy habit... and healthy habits lead to healthy lives.

Dr. Wayne Perron
- Dental Surgeon

Best Health Minute



BONNIE MUNDAY,
EDITOR-IN-CHIEF,
BEST HEALTH
MAGAZINE

The Truth About Salt

The Salt Institute, an American organization that represents salt companies, is getting the message out that sodium is a nutrient that's essential for good health. But wait a second; isn't salt a bad thing? Best Health associate editor Lisa Hannam went to the Heart and

Stroke Foundation of Canada and asked them to clarify things.

"Sodium does help to maintain cell balance and fluid volume in the body," says Carol Dombrow, registered dietitian and nutrition consultant for the Heart and Stroke Foundation's Health Check food program.

Salt, in proper amounts, keeps the body well hydrated and cells functioning properly. Athletes and very active

adults may have to increase their sodium intake to compensate for how much they lose through sweat.

However, says Dombrow, "most people don't need to worry about under-consuming sodium. Canadians are eating way too much."

A diet high in sodium has been linked to hypertension, or high blood pressure. The adult upper limit for sodium intake per day is 2,300 mil-

ligrams — which is less than half a teaspoon — but an adequate intake to maintain good health is 1,500 milligrams. Dombrow adds that, generally speaking, you won't need to add salt to your meals to make sure you are getting enough, because sodium occurs naturally in many foods.

And a little goes a long way.

TO CLAIM YOUR FREE ISSUE OF BEST HEALTH, GO TO BESTHEALTHMAG.CA/ METRONEWS

Thoughts on ... Trying

JUST DO IT. Why should we try to learn something new every day?

It's good for you, it boosts your confidence, makes you more adaptable and better able to cope with life.

It keeps your mind active and stimulated, makes your more interesting, and expands your social horizons.

This is the means by which you will grow and develop.

Get uncomfortable

one step at a time, slowly stretching beyond your comfort zones.

When you challenge yourself to try something new you feel a sense of accomplishment and awe.

So begin today. Emphasize the trying, not the succeeding.

You will surprise yourself of how great you will feel.

NATASHA DERN IS THE HOST OF THE BUDDHA LOUNGE RADIO SHOW.

METRO CUSTOM PUBLISHING

ENJOY GIFT OF CLEAR VISION WITH LASIK

Thinking of treating yourself this Christmas? There's no better time to consider the gift of clear vision with laser vision correction.

LASIK is a safe and effective alternative to glasses and contacts as evidenced by its 20-year track record. Over that time, more than 35 million LASIK procedures have been performed around the world. The LASIK procedure corrects common refractive errors such as nearsightedness (myopia), far-sightedness (hyperopia) and astigmatism (irregular curvature of the cornea).

"The surgery is painless and quick, taking less than 10 minutes of operating room time," said Dr. Mark Cohen, co-founder and national medical director of LASIK MD, Canada's only national



BANANASTOCK/THINKSTOCK

laser vision correction provider. "The procedure is characterized by short recovery times, as most patients are able to return to work the following day with dramatically improved vision."

LASIK has minimal side-effects, and most are temporary or easily treatable. The few reports of glare and halos at night that some patients used to complain about have all but disappeared

thanks to technological advances.

You may be a good candidate for laser eye surgery even if your prescription isn't stable. Past prescription changes are not a good predictor of future changes and do not help deliver more predictable or safer results.

Another misconception is that the surgery is an unaffordable luxury. When you consider the annual costs of glasses, contact lenses and solutions, you will likely find that LASIK is more economical in the long term.

Most laser vision correction providers offer free comprehensive eye exams, which will determine your candidacy. If you are deemed a candidate, book your procedure and you will be on your way to enjoying life without glasses and contacts. — Pauline Anderson



LASIK NOW, PAY IN 2013!†

\$
0
\$
0
%

down payments interest

LASIK MD

VISION
LASER VISION CORRECTION

Starting at

\$490

/eye*

Best Price Guarantee

IntraLase SBK Available

FREE Consultation: 1-877-769-3030

www.lasikmd.com

OTTAWA: Chambers Building, 42 Elgin St.



Official LASIK provider of the Ottawa Senators®

† Subject to Diagnostic Card Services (DCS) approval. Patients must receive their procedure before January 15, 2013 and complete their LASIK by February 28, 2013 in order to be eligible. Available to certain LASIK or vision level only. Cannot be combined with any other offer. Patients are subject to change without prior notice and vary based on prescription. LASIK at \$490/eye is for myopia only. Hyperopia and astigmatism may apply. Other conditions may apply. Payment of cash price required. © 2012 LASIK MD. All rights reserved. Used under license.

The secret is in the details at Bowich sandwich stop

► An elegant and tasty twist on a simple sandwich and soup combo

LUNCH RUSH

SHARI GOODMAN
FOOD@METRONEWS.CA



Sandwiches can be boring, but not at Bowich. Surrounded by modern furnishings, the ambiance is both earthy and sophisticated.

It's the details that im-

Bowich

155 Bank St.
613-695-8828
Reservations: No
Price range: \$\$
Quick solo lunch: Yes
Social lunch: Yes
Rating: 5 out of 5



► Organic Bacon Sandwich with Carrot Ginger Soup (\$12)

press me. My order arrives in a plain, environmentally-friendly box. The crunchy, garlic crou-

tons for the soup are wrapped in parchment and the napkin wrapped around the spoon is tied

with a piece of black yarn. The Panini is cut into three and standing up to show off the fillings.

Then it's the taste that impresses me. The carrot soup is intensified with ginger that gives it a touch of heat. And the organic bacon and goat's cheese sandwich has crunch, salt and tang all in one bite. The tomato chutney is sweet, playing well with the other ingredients.

I expect the Lavender Meringue cookie to explode and crumble, but surprisingly it is soft and delicate.

Bowich has the secret to the perfect sandwich, and their passion for food shows in the details.

Apple bread pudding



This yummy bread pudding uses delicious maple syrup as the sole sweetener.

Simmered away in the slow cooker, it's a real kid pleaser and — bonus — it's nutritious as well.

Preparation:

- 1 Place bread cubes in slow cooker.
- 2 Mix in apples and cook on Low for about 4 hours or until set in centre, sprinkling walnuts over top in 30 minutes.
- 3 To serve, spoon into bowls, drizzle each

Ingredients:

- 2 l (8 cups) slightly dry bread cubes
- 750 mL (3 cups) chopped peeled apples (such as Empire, Golden Delicious or Cortland)
- 125 mL (1/2 cup) dried cranberries or raisins
- 4 eggs
- 750 mL (3 cups) 2 per cent milk
- 300 mL (1 1/4 cups) pure maple syrup
- 175 mL (3/4 cup) chopped walnuts or pecans

with 15 mL (1 tbsp) maple syrup.

FOODLAND ONTARIO

Get stuffing — your chicken, that is

► Flavourful apples, almonds, blue cheese and dill livens up dinner-time chicken dishes

Ingredients:

- 4 boneless, skinless chicken breasts about 150 g (5 oz) each
- 150 g of crumbled blue cheese
- 125 mL (1/2 cup) slivered almonds
- 1 apple (preferably McIntosh, Gala or Fuji), peeled, cored and diced
- 15 mL (3 tbsp) chopped fresh dill
- Salt and freshly ground black pepper
- 20 mL (4 tbsp) olive oil
- 20 mL (4 tbsp) of dried minced onion

Preparation:

- 1 Coat a shallow roasting pan with cooking spray. Using a sharp paring knife, slice a pocket into each chicken breast, as if halving a bagel, without completely cutting through the other side. Arrange chicken in prepared pan and set aside.
- 2 In bowl, combine blue cheese, almonds, apple and dill and dill. Add a pinch each of salt and black pepper. Mix together with fork until mixture is well blended and comes together.
- 3 Divide mixture into 4 equal portions and spoon each portion into

the pocket of the chicken. Brush olive oil all over the top of the chicken and season with salt, pepper and dried onion.

- 4 Place in prepared pan and bake in 200C (400 F) oven for 25 to 30 minutes until chicken is golden brown and prop-

Almond chicken



► Stuffed chicken breast.

erly cooked through.

EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. (EMILYRICHARDSCOOKS.CA)/ THE CANADIAN PRESS/CROCK-POT



READERS CHOICE AWARDS 2011

Who do you think makes Ottawa's best martini?

Vote for Ottawa's best online at metronews.ca/ottawachoice

Enter early and often for your chance to win one of several exciting prizes!

Join us in celebrating what Ottawa loves to do in our special Readers Choice Awards issue on December 16th!



metro

enter for your chance to
WIN MORE
with prius v!



The new **Prius v** delivers the perfect combination of fuel efficiency and space. In fact, it has 50% more cargo space than Prius. To celebrate the newest addition to the Prius family, Club Metro wants you to experience more on your next vacation with a \$4,000 travel credit.

To register and for full contest details visit clubmetro.com



priusv.ca



► If someone you know lost their job, try not to draw unnecessary attention to the situation.

JOB LOSS CAN BE A TOUCHY SUBJECT

I recently ran into a friend who I know has been fired from his job. I was very uncomfortable and had no idea what to say, which made things even worse and awkward. What should I have said or done? — Jane

In these economic times most Canadians know of a friend, family member and/or neighbour who has had to deal with unemployment.

Don't judge or lecture. These days, job loss is due to the economic times rather than the person's fault. So how do we deal with this? Be kind, gracious and don't draw un-

CHARLES THE BUTLER



ASKCHARLES
THEBUTLER@
METRONEWS.CA

FOR MORE, VISIT
CHARLES
MACPHERSON.COM

necessary attention to the uncomfortable situation.

Personally, what I have done in these cases is to either not bring it up and focus on something else like, "How are the kids doing?" or, "I know you love football, what did you think of the game last Sunday?"

However, if you do feel it appropriate to bring up the situation, I would much rather say something like "How are you doing since you left your job?"

We all know the person may have been let go, but you don't need to add salt to the wound, and this shows that you care and are being sensitive.

Remember that etiquette is how you make others feel. Making others feel comfortable by being kind and gracious is always the right thing to do. **HAVE A QUESTION? EMAIL CHARLES AT ASKCHARLESTHEBUTLER@METRONEWS.CA.**

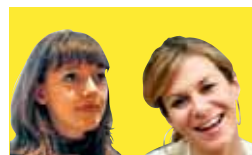
SEXY AND YOU DON'T KNOW IT

Hi, I just turned 30 and it's been a couple of years since I've dated. I didn't date mostly because of my weight, which I'm now starting to work on. I'm really social, have lots of friends and people do compliment my looks despite this, but I'm still freaked out about getting close to someone. I am interested (secretly) in one of my best buddies. He'd be great to go out with, but the problem is I know that he's a superficial guy and wouldn't see me that way. I'm worried that he's not the only one, and that I'm only eligible for weirdos. Help? — Dateless

Andrea: Dear Secret Hottie, It's pretty hard to be successful, loved and happy when you see yourself as the pits, isn't it?

First step is to get rid of that mentality. If you want to open up emotionally and date again, you can't settle for less than a 10, not the other way around.

TWO SISTERS



ANDREA & CLAIRE
RELATIONSHIPS@METRONEWS.CA

To attract that kind of guy, practice. Just like exercise for the body, whatever makes you feel gorgeous, vibrant and alive needs to be part of your daily routine.

The second you start thinking negatively, catch yourself and consider alternatives.

Changing your mental chatter will help open up doors you didn't know existed.

Claire: Dear Secret Hottie, You haven't told us how overweight you are, but

the fact that you're working on it is excellent.

My sister is pretty wise for a 20-something who chose to live in one of the coldest cities on the planet (yay Calgary!), and she's right: Whatever makes you feel gorgeous, strong and happy must become part of your life until the day it dawns on you that you are gorgeous, strong and happy.

And remember that most people are so worried about their own deficiencies that they barely notice those of others.

I have fallen for men who were less than lovely to look at simply because they were damn smart, damn funny and had no idea they were verging on damn ugly — and ugly you are not. Keep us posted.

You already sound gorgeous.

TWO SISTERS, 20-SOMETHING ANDREA AND 30-SOMETHING CLAIRE, OFFER THEIR DIFFERING VIEWS ON YOUR RELATIONSHIP ISSUES.

FORGET GIFTS

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA



Do you want to do something really memorable

for your friends and family this holiday season? Don't buy or receive a single gift.

Make a difference in your community by donating to charities on behalf of your friends and family.

One of the best holiday giving tools in Canada is Canadahelps.org. This organization connects donors with over 80,000 registered charities in Canada.

Canadahelps.org has a holiday program called the Cause Wish List whereby instead of gifts (or as well as gifts), you and your friends support your favourite charities. The program is very simple; create your account, choose the design of

your 'stocking', determine how much money you'd like to raise and pick the charities you want to support. Then, send out your Cause Wish List link to friends, family and colleagues. It's that simple!

If you don't want to raise money, volunteer instead. Organize your posse to go and pack hampers at the food bank, build a playground for your local women's shelter or spend time carolling or visiting with the elderly at a nearby seniors home.

If you're not sure what charities you're interested in supporting, do a little soul searching. What are you passionate about? Ensuring children have affordable access to sports? Align your giving with an organization that represents your passions.

Be bold this holiday season! Use the spirit of giving to uplift your community. **FOR LESLEY SCORGIE'S FULL COLUMN VISIT METRONEWS.CA**

Your money needs first

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA



As the baby boomer bulge gets older there are lots of us with parents needing help and kids who are still dependent.

But many who are younger than boomers find themselves in the same fix.

Take Mariah and Dawn. They're twins, 37 and very close. Mariah, divorced with two boys, lives in Vancouver and Dawn, recently separated with a daughter, is in Edmonton.

Money is tight, time tighter and they are both completely stressed about their unemployed younger brother and their seventy-something parents who live in Nova Scotia.

The twins admit they are "kind of bad" with money.

Dollars and sense

Three resources for the sandwich generation:

- ▶ **Credit Education Week**
Canada: cewc.ca
- ▶ **Financial Consumer Agency of Canada:**
fcac.gc.ca
- ▶ **Investor Education Fund:**
getsmarteraboutmoney.ca

But they are torn between helping their parents who have little savings and their own financial demands. Dawn has twice increased her credit limit to send money to their parents and Mariah has just flown their brother to Vancouver to live with her until he gets a job.

Neither is contributing to their kids' RESPs and both are considering stopping RRSP contributions for a couple of years.

They asked me for advice. Here it is. Whoa! I told Mariah and Dawn

to imagine they are on an airplane with their kids and the cabin depressurizes.

According to pre-flight instructions, they should put on their own masks and then help the children.

But it's hard to do when you are fearful for your kids' lives. You naturally want to help them first.

However, the fact is that if you don't take care of yourself you may not be capable of helping your kids.

The same is true of money. Mariah and Dawn should focus on putting their own financial houses in order first. Unless their brother has some kind of health problem he can fend for himself.

Nor should they start forking out money to their parents before a plan is in place for the future including the possibility of downsizing, assembling community supports, applying for seniors housing and creating a thorough



▶ **Alison's money rule: If you're part of the sandwich generation help yourself first in order to help your family best.**

budget so the twins know exactly where their parents stand. Mariah and Dawn must concentrate on their own financial health first. Otherwise they put their future welfare in jeopardy, which will leave them unable to help their family members.

ALISON GRIFFITHS IS THE AUTHOR OF THE UPCOMING BOOK COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISONGRIFFITHS.CA OR GRIFFITHS.ALISON@GMAIL.COM.

U.S. airlines go after high-flyers

▶ **Most-prized customers are getting new seats that turn into beds, large flat-screen TVs and savoury food, wine**

Flying has never been so good — for those able to splurge.

While most Thanksgiving travellers will fight for overhead bins and go hours without a snack or room to stretch their legs, life in first class is stress free. It's always been a special place on the other side of the curtain. Now, it's getting even cushier.

U.S. airlines, profitable again after a disastrous decade, are spending almost \$2 billion to upgrade amenities for their highest-paying customers.

On the most profitable international routes, high fliers are being treated with preflight champagne, flat-screen TVs and seats that turn into beds.

Flight attendants greet them by name, hang up jackets and serve meals on

8% First-class and business-class passengers make up only 8 per cent of international travellers but account for 27 per cent of revenue, according to the International Air Transport Association.

china. Most of the 3.4 million Americans expected to fly this holiday week won't get anything close to that treatment.

They've paid a little under \$400 for their round-trip tickets. And it's a cutthroat business. To save \$5, passengers are likely to choose another airline.

So, it's no surprise that the most loyal customers, and those willing to pay more for better services, are the ones airlines want



▶ **The new first class interior section of a United Airlines 747 plane**

to reward. "There is a war going on for the profitable passenger," says Henry H. Harteveldt, co-founder of the travel firm Atmosphere Research Group.

Airlines are focusing on three areas:

- Giving passengers a full night's sleep.
- Stimulating taste buds.
- Providing escapes from the chaos of airport terminals. **THE ASSOCIATED PRESS**

RECYCLE FROG

ADVERTISING FEATURE

(613) 695-1236

Selling old gold and silver jewelry? The bad. The ugly. The good.

Skyrocketing gold and silver prices has many consumers wondering how much their old or broken gold jewelry is worth.

The question you should be asking yourself is: where do you go to ensure you receive a fair offer? There are plenty of options but which ones pass the common sense test?

Option #1: New companies. Inflated promises. False advertising.

Anyone can post really high payout prices. There are no laws to protect unsuspecting consumers from misleading ads that promise to pay outrageous and unrealistic prices.

They use them to lure people in, then adjust weights, inaccurately evaluate material (eg. say something is 10kt when it's actually 14kt). The bottom line, people end up with less money in their pocket, not more.

Option #2: Mail away your gold. Hope for the best.

Most consumers feel uneasy about mailing their jewellery to one of the many flashy "Cash for Gold" type companies seen



on TV. The truth is, several of these companies have received harsh criticism from consumer advocacy groups because of their notoriously shady sales tactics and low payouts.

So, if those ads featuring cash waving "customers" send a chill down your spine, it's for good reason.

Option #3: Recycle Frog, you be the judge.

Recycle Frog is an Ottawa-based precious metals recycling company that has built its business by serving today's more prudent middle and upper-middle-class consumer. Comprised primarily of ex-Royal Canadian Mint employees, Recycle Frog's payout rates are published, and consistently rank among the highest in the industry.

One-on-one evaluations are conducted at their many convenient public events or are pre-scheduled at their World Exchange Plaza location. They're a trusted fundraising partner to various charitable organizations including the United Way, CHEO, Christmas Exchange and The Canadian Cancer Society.

Get a competitive, haggle-free offer for your old gold and silver by simply calling Recycle Frog at 613-695-1236 or visit their website at www.recyclefrog.com for more information.

4
sports

Sports in brief



Seattle Mariners outfielder Greg Halman was stabbed to death early yesterday, police said, cutting short the life and career of one of the few Dutchmen to make it into Major League Baseball.

His club and baseball officials hailed the 24-year-old Halman as a young man with a passion for the game and for instilling it in youngsters.

THE ASSOCIATED PRESS

Crosby returns in style

► Penguins star quick to get on the board in first game since his January concussion

There were lofty expectations surrounding Sidney Crosby's long-awaited return to NHL action, and the Pittsburgh Penguins captain delivered almost immediately with a goal fit for a superstar.

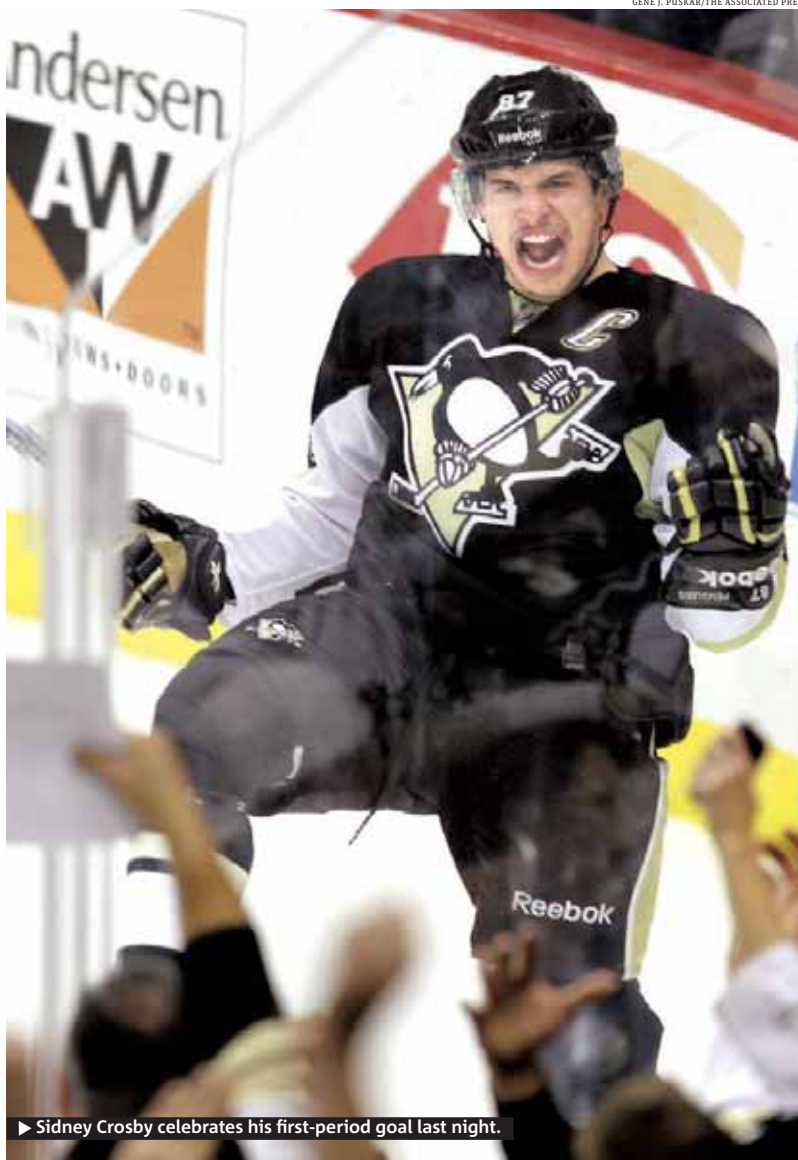
Crosby opened the scoring of Pittsburgh's game against the New York Islanders last night. He collected the puck near centre ice, carried it into the Islanders' zone, muscled his way past Islanders defenceman Andrew MacDonald and flipped a backhand over goaltender Anders Nilsson.

The goal, at 5:24 of the first period, came on Pittsburgh's first shot of the game.

Crosby wasn't done there. He scored on a backhand from a sharp angle in the third period, ringing the puck off the post and past Nilsson, and added a pair of assists to lead the Penguins to a 5-0 win.

For the Stanley Cup champion and Olympic gold medalist, this was more proof that Crosby knows how to deal with the burden of great expectations.

He's experienced the pressure to perform at an elite level since he was a 13-year-old whose immeasurable talent made him a household name throughout Canada. The same pressure he felt as an 18-year-old debuting in the NHL in 2005, and as a 22-year-old carrying the weight of an entire nation



► Sidney Crosby celebrates his first-period goal last night.

"I've never been away from hockey for that long, so I'm just excited to play again."

SIDNEY CROSBY, BEFORE LAST NIGHT'S GAME

at the 2010 Vancouver Olympics.

What figured to be the most routine of November regular-season games, a Monday-night Islanders-Pittsburgh matchup, was transformed into perhaps the NHL's most anticipated when the Penguins revealed yesterday that Crosby would play following a 10 months-plus concussion layoff.

Suddenly, tickets that were selling online for \$150 US doubled and tripled in price.

Even with so little advance warning, TV crews and reporters from two countries poured into the Consol Energy Center yesterday, eager to hear every one of Crosby's words, analyze each one of his shots and shifts. The ABCs of hockey — CBC, RDS, TSN, and ESPN, USA Today among them — all were there among many, many others.

The crowd roared as Crosby's name was announced during the pre-game skate, and fans held up signs that read "Welcome back Sid." A loud chant of "Crosby" lasted until just before the U.S. national anthem.

THE ASSOCIATED PRESS

Canon

EOS 5D Mark II

\$1999⁹⁹*

EOS 5D Mark II Camera Body
Save \$800

High Performance for High Expectation

Canon's update to the wildly popular full frame EOS 5D is here, and it's better than ever. The EOS 5D Mark II has a stunning 21.1-megapixel full-frame CMOS sensor with DIGIC 4 Image Processor, a vast ISO Range of 100-6400 (expandable to ISO L: 50, H1: 12800 and H2: 25600), plus EOS technologies like Auto Lighting Optimizer and Peripheral Illumination Correction. It supports Live View shooting, Live View HD videos, and more. It can shoot up to 3.9 fps, has 9 AF points plus 6 AF assist points, a new 98% coverage viewfinder, a 3.0-inch Clear View LCD (920,000 dots/VGA) and a rugged build. Full-frame shooters rejoice!



\$2799⁹⁹*

EOS 5D Mark II Camera
w/EF 24-105mm IS USM Lens
Save \$800

21.1MP
Full HD
LiveView
3.9 FPS
98% Coverage

*TAXES EXTRA
WHILE SUPPLIES LAST

Galaxy Camera

525 Bank Street (Bank at Catherine St.)
613-234-8831

galaxycamera.com

NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Philadelphia	19	11	5	2	1	73	58	25	5-3-1-1	6-2-1-0	6-2-1-1	L1
d-Buffalo	20	12	8	0	0	58	51	24	5-6-0-0	7-2-0-0	6-4-0-0	L1
d-Florida	19	10	6	0	3	56	48	23	3-2-0-3	7-4-0-0	5-2-0-3	W1
Pittsburgh	20	11	6	1	2	60	50	25	6-1-1-0	5-5-0-2	5-4-0-1	L2
Toronto	21	11	8	1	1	63	69	24	6-3-1-1	5-5-0-0	4-5-0-1	L1
NY Rangers	17	10	4	1	2	47	37	23	5-1-0-1	5-3-1-1	7-2-0-1	L1
Boston	18	11	7	0	0	64	39	22	8-5-0-0	3-2-0-0	8-2-0-0	W8
Ottawa	21	10	9	1	1	62	70	22	5-4-0-1	5-5-1-0	4-4-1-1	L1
Washington	18	10	7	0	1	58	56	21	6-1-0-1	4-6-0-0	3-6-0-1	L4
New Jersey	18	10	7	0	1	49	50	21	4-3-0-1	6-4-0-0	6-4-0-0	W2
Montreal	20	9	8	1	2	53	49	21	4-4-1-2	5-4-0-0	6-2-1-1	W1
Tampa Bay	19	9	8	0	2	54	60	20	6-2-0-0	3-6-0-2	5-5-0-0	L1
Winnipeg	20	8	9	2	1	58	65	19	5-3-0-0	3-6-2-1	5-3-2-0	W3
Carolina	21	7	11	2	1	49	70	17	5-5-0-1	2-6-2-0	3-7-0-0	W1
NY Islanders	17	5	9	2	1	35	56	13	5-5-1-0	0-4-1-1	2-5-2-1	L1

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Minnesota	20	12	5	2	1	47	40	27	7-2-1-0	5-3-1-1	9-1-0-0	W4
d-Chicago	21	12	6	1	2	71	67	27	7-1-0-2	5-5-1-0	5-4-1-0	L2
d-San Jose	18	12	5	1	0	57	43	25	5-3-1-0	7-2-0-0	7-2-1-0	W3
Nashville	19	10	5	3	1	53	48	24	4-2-2-1	6-3-1-0	6-1-3-0	L1
Phoenix	18	10	5	1	2	51	45	23	5-3-1-1	5-2-0-1	7-2-1-0	W1
Detroit	19	11	7	1	0	53	43	23	7-2-1-0	4-5-0-0	6-3-1-0	W2
Los Angeles	20	10	7	1	2	49	48	23	6-5-0-1	4-2-1-1	4-5-0-1	L1
Dallas	19	11	8	0	0	49	54	22	6-3-0-0	5-5-0-0	4-6-0-0	L5
Edmonton	19	10	7	0	2	50	45	22	6-2-0-1	4-5-0-1	5-5-0-0	W1
St. Louis	19	10	7	0	2	48	43	22	7-1-0-1	3-6-0-1	5-3-0-2	L1
Vancouver	20	10	9	0	1	58	57	21	5-3-0-1	5-6-0-0	6-4-0-0	W1
Colorado	21	9	11	1	0	56	65	19	3-7-0-0	4-4-1-0	2-7-1-0	L1
Calgary	18	8	9	1	0	41	47	17	4-5-1-0	4-4-0-0	5-5-0-0	W1
Anaheim	20	6	10	1	3	41	62	16	4-6-0-0	2-4-1-3	1-6-1-2	L4
Columbus	19	4	13	0	2	43	69	10	3-6-0-1	1-7-0-1	3-6-0-1	W1

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results

Carolina at Philadelphia
N.Y. Islanders at Pittsburgh
Phoenix at Washington
Calgary at Columbus
Boston at Montreal
New Jersey at Florida
Edmonton at Dallas
Sunday's results
Vancouver 2 Ottawa 1 (OT)
Carolina 3 Toronto 2
Detroit 4 Anaheim 2
San Jose 4 Colorado 1

Tonight's games

Toronto at Tampa Bay, 7:30 p.m.
Los Angeles at St. Louis, 8 p.m.
Edmonton at Nashville, 8 p.m.

Tomorrow's games

Boston at Buffalo, 7 p.m.
Columbus at New Jersey, 7 p.m.
Philadelphia at N.Y. Islanders, 7 p.m.
St. Louis at Pittsburgh, 7 p.m.
Winnipeg at Washington, 7 p.m.
Montreal at Carolina, 7 p.m.
Calgary at Detroit, 7 p.m.
N.Y. Rangers at Florida, 7:30 p.m.
Nashville at Minnesota, 8 p.m.
Los Angeles at Dallas, 8:30 p.m.
Vancouver at Colorado, 9 p.m.
Anaheim at Phoenix, 9 p.m.
Chicago at San Jose, 10:30 p.m.

CANUCKS 2, SENATORS 1 (OT)

First Period

No Scoring.

Penalties — Greening Ott (interference) 2:31, Da Costa Ott (high-sticking) 5:09, Alberts Vcr (hooking) 14:18.

Second Period

1. Vancouver, H.Sedin 7 (D.Sedin, Kesler) 2:31 (pp)

Penalties — Gonchar Ott (tripping) 0:44, Alberts Vcr (boarding) 8:40, Bieksa Vcr (high-sticking) 14:56, Volpatti Vcr (hooking) 18:28, Gonchar Ott (high-sticking) 18:46.

Third Period

2. Ottawa, Greening 6 (Spezza, Gonchar) 3:32

Penalty — Bieksa Vcr (tripping) 8:46.

Overtime

3. Vancouver, Higgins 7 (Hamhuis, Salo) 2:18

Penalties — None.

Shots

Ottawa 8 8 11 2—29

Vancouver 8 6 10 3—27

Goal@ — Ottawa: Auld (L,0-3-1); Vancouver: Schneider (W,3-4-0).

Power plays (goals-chances) — Ottawa: 0-4;

Vancouver: 1-4.

Referees — Tim Peel, Kelly Sutherland. **Linesmen** — Vaughan Rody, Mark Wheler.

Attendance — 18,860 (18,860) at Vancouver.

SCORING LEADERS

	G	A	PT
Kessel, Tor	16	13	29
Giroux, Pha	11	15	26
Lupul, Tor	10	15	25
Vaneck, Buf	11	13	24
D. Sedin, Vcr	6	18	24
Ma.Hossa, Chi	9	14	23
Kopitar, LA	9	14	23
Pominville, Buf	8	15	23
Versteeg, Fla	9	13	22
P.Kane, Chi	7	15	22
H.Sedin, Vcr	6	16	22
Seguin, Bos	11	10	21
Neal, Pgh	12	8	20
Franzen, Det	10	10	20
Skinner, Car	8	12	20
Spezza, Ott	6	14	20
Backstrom, Wash	5	15	20
Plekanev, Mtl	5	15	20
J.Thornton, SJ	5	15	20
Pavelski, SJ	11	8	19
Smyth, Edm	11	8	19
Stamkos, TB	11	8	19
Toews, Chi	10	9	19
Marleau, SJ	9	10	19
T.Fleischmann, Fla	8	11	19
Nugent-Hopkins, Edm	7	12	19
Selanne, Ana	7	12	19
P.Sharp, Chi	7	12	19
Benn, Dal	5	14	19
Michalek, Ott	12	6	18
Eriksson, Dal	9	9	18
Elias, NJ	8	10	18
Weiss, Fla	7	11	18
Campbell, Fla	1	17	18
Karlsson, Ott	1	17	18
Pacioretty, Mtl	9	8	17
Hartnell, Pha	8	9	17
Jagr, Pha	6	11	17
Eberle, Edm	5	12	17
M.Bergeron, TB	3	14	17
J.Staal, Pgh	10	6	16
Duchene, Col	9	7	16
M.Richards, LA	8	8	16
Tavares, NYI	8	8	16
St. Louis, NYI	5	11	16
Edler, Vcr	3	13	16

Last night's games not included

NFL

WEEK 11

AMERICAN CONFERENCE

EAST	W	L	T	Pct	PF	PA
New England	6	3	0	.667	259	200
N.Y. Jets	5	5	0	.500	228	217
Buffalo	5	5	0	.500	237	253
Miami	3	7	0	.300	193	186

SOUTH	W	L	T	Pct	PF	PA
Houston	7	3	0	.700	273	166
Tennessee	5	5	0	.500	203	195
Jacksonville	3	7	0	.300	125	180
Indianapolis	0	10	0	.000	131	300

NORTH	W	L	T	Pct	PF	PA
Baltimore	7	3	0	.700	256	176
Pittsburgh	7	3	0	.700	220	179
Cincinnati	6	4	0	.600	236	195
Cleveland	4	6	0	.400	145	193

WEST	W	L	T	Pct	PF	PA
Oakland	6	4	0	.600	235	254
Denver	7	3	0	.500	205	247
Kansas City	4	5	0	.444	141	218
San Diego	4	6	0	.400	236	259

NATIONAL CONFERENCE

EAST	W	L	T	Pct	PF	PA
Dallas	6	4	0	.600	250	206
N.Y. Giants	6	4	0	.600	228	228
Philadelphia	4	6	0	.400	237	213
Washington	3	7	0	.300	160	205

SOUTH	W	L	T	Pct	PF	PA
New Orleans	7	3	0	.700	313	228
Atlanta	6	4	0	.600	235	213
Tampa Bay	4	6	0	.400	182	268
Carolina	2	8	0	.200	225	286

NORTH	W	L	T	Pct	PF	PA
Green Bay	10	0	0	1.000	355	212
Detroit	7	3	0	.700	301	219
Chicago	7	3	0	.700	268	207
Minnesota	2	8	0	.200	200	271

WEST	W	L	T	Pct	PF	PA
San Francisco	9	1	0	.900	256	145
Seattle	4	6	0	.400	168	209
Arizona	3	7	0	.300	190	236
St. Louis	2	8	0	.200	120	247

Open: Houston, Indianapolis, New Orleans, Pittsburgh

Last night's result

Kansas City at New England

Sunday's results

Oakland 27, Minnesota 21

Green Bay 35, Tampa Bay 26

Detroit 49, Carolina 35

Dallas 27, Washington 24, OT

Cleveland 14, Jacksonville 10

Baltimore 31, Cincinnati 24

Miami 35, Buffalo 8

San Francisco 23, Arizona 7

Seattle 24, St. Louis 7

Chicago 31, San Diego 20

Atlanta 23, Tennessee 17

Philadelphia 17 N.Y. Giants 10

Thursday's results

Denver 17, N.Y. Jets 13

TENNIS

BARCLAYS ATP WORLD TOUR FINALS

Round Robin

Singles

Group A

David Ferrer (5), Spain, def. Andy Murray (3), Britain, 6-4, 7-5.

Novak Djokovic (1), Serbia, def. Tomas Berdych (7), Czech Republic, 3-6, 6-3, 7-6 (3).

Standings: Ferrer 1-0 (2-0), Djokovic 1-0 (2-1), Berdych 0-1 (1-2), Murray 0-1 (0-2).

Group B

Standings: Federer 1-0 (2-1), Nadal 1-0 (2-1), Fish 0-1 (1-2), Tsonga 0-1 (1-2).

Doubles

Group A

Robert Lindstedt, Sweden, and Horia Tecau (6), Romania, def. Mahesh Bhupathi and Leander Paes (4), India, 7-6 (6), 6-1.

Bob and Mike Bryan (1), United States, vs. Jurgen Melzer, Austria, and Philipp Petzschner (7), Germany, 6-7 (4), 7-5, 10-7 tiebreak.

Standings: Lindstedt-Tecau 1-0 (2-0), Bryan-Bryan 1-0 (2-1), Melzer-Petzschner 0-1 (1-2), Bhupathi-Paes 0-1 (0-2).

Standings: Fyrstenberg-Matkowski 1-0 (2-1), Mirnyi-Nestor 1-0 (2-1), Bopanna-Qureshi 0-1 (1-2), Llodra-Zimonjic 0-1 (1-2).

FOOTBALL

CIS PLAYOFFS

Friday's results

All times Eastern

UTEC BOWL

At Moncton, N.B.

McMaster 45 Acadia 21

MITCHELL BOWL

Laval 41 Calgary 10

Friday, Nov. 25

VANIER CUP

At Vancouver

Uteck vs. Mitchell Bowl winners, 9 p.m.

SOCCER

MLS PLAYOFFS

MLS CUP

Sunday's result

At Carson, Calif.

Los Angeles 1 Houston 0

ENGLAND

PREMIER LEAGUE

Yesterday's result

Tottenham Hotspur 2 Aston Villa 0

SPAIN

PRIMERA DIVISION

Yesterday's result

Racing Santander 1 Málaga 3

CFL PLAYOFFS

DIVISION FINALS

Sunday's results

EAST

Winnipeg 19 Hamilton 3

WEST

B.C. 40 Edmonton 23

99TH GREY CUP

Sunday, Nov

Voters accept Verlander's MVP pitch

► AL Cy Young winner becomes first starting pitcher since Roger Clemens in 1986 to win a league MVP award

DARREN CALABRESE/THE CANADIAN PRESS



► Detroit pitcher Justin Verlander waves to the crowd in Toronto after throwing a no-hitter against the Blue Jays on May 7.

Detroit's Justin Verlander stymied the Toronto Blue Jays with a no-hitter in May. He shut them out again yesterday by becoming the first starting pitcher in a quarter-century voted Most Valuable Player.

Verlander earned the American League MVP honour after receiving 13 of 28 first-place votes and 280 points in results announced by the Baseball Writers' Association of America.

"Obviously pitchers are not just written off all of a sudden because they're pitchers," Verlander said.

Boston centre-fielder Jacoby Ellsbury was second in voting with four firsts and 242 points, followed by Blue Jays slugger Jose Bautista with five firsts and 231 points.

Bautista reacts

Jose Bautista doesn't think starting pitchers should qualify for baseball's MVP awards.

► The Jays slugger was quick to point out that he doesn't want to "knock Verlander or the year that he had," but feels that there should be two awards — one for pitchers and one for position players.

Bautista led the major leagues in home runs (43), walks (132), slugging percentage (.608) and on-base plus slugging (1.056) to become the first player since Barry Bonds in 2001 to lead in four offensive categories. He also batted .302 with

132 RBIs.

Verlander added the MVP to the Cy Young Award he won last week.

"Not even in my wildest dreams had I thought of this," he said. "I want to say this is a dream come true. I can't say that because my dream had already come true ... to win a Cy Young. And the next dream is to win a World Series. This wasn't even on my radar until the talk started. And then all of a sudden it was a this-could-actually-happen type of thing."

Verlander won the AL's pitching triple crown, going 24-5 with a 2.40 ERA and 250 strikeouts, the most wins in the major leagues since Oakland's Bob Welch went 27-6 in 1990.

THE ASSOCIATED PRESS

metro**classifieds** | To advertise, call: 1 800 527-6767

RENTALS

Houses for Rent Unfurnished

Townhouse for rent 3 BDR (end unit)
Appliances incl, close to everything.
In Kanata area. Please call for more info.
613-799-4722

Apartments Unfurnished

PETS

Other

Barrhaven Cat Sitting
Servicing Barrhaven and Ottawa areas
Let me spoil your kitties while you're away. Please call (613) 695-8673

Apartments Unfurnished

AUTOMOTIVE

Cars & Trucks Wanted



WILL BUY UNWANTED CARS AND TRUCKS for scrap and parts.
PAY CASH
Barry 613-769-7940

SERVICES

Psychics



Intuitive Readings
Intuitive Healing Sessions
www.psychicmarstevens.com
Tarot 613-709-0172 Angels

Financial

Need Cash Today?
Loans up to \$10,000. Bad Credit? No Problem.
www.eazycash.ca 613-699-0011
Check Cashing, Car Title Loans, Money Transfer

Mortgages

OWN A HOME?

Loaded with Debt? I can help! 1st, 2nd, 3rd
Mortgages Re-Financing. Debt Consolidation loans. Home Equity Loans. Bad Credit?
Self-Employed? Bank said "No"?
Fast approvals! Quick Closing!
Steve Daigle: sdaigle@tmacc.com
(613) 863-0649 LIC:10717



HEALTH & BEAUTY

Fitness

Experience an outdoor feel on an indoor spin bike. To see these amazing bikes visit:
www.totalfitnessottawa.com
Or call (819) 208-8343

Movers

W W Scharf Moving

Here's The Smart, Safe Way To Move
Over 40 Years Experience
Local & Long Distance Moving
Moving and Packing Material for Sale
Office (613) 823-0094 www.wwscharfmoving.ca
Bill Scharf - Proprietor Tel: (613) 612-0726
email - wscharfmoving@hotmail.com

HOUSEHOLD SERVICES

General Services

M.A.C. PAINTING
High & Difficult to reach areas, Wall Paper Removal, Drywall Taping, Drywall & Plaster Repairs, Spray Painting
Call Marc 613-252-3444

Trades

Interior & Exterior
J.M. PAINTERS
Painting, Stipple Ceiling Repair, Staining, Wallpaper Removal, Rooftop Snow Removal, Pressure Washing & Eaves Trough Cleaning. FREE Est. 613-316-5772

K & H Carpet
Looking for new carpets?
5 Year Exp'd Carpet Installer
Fast, Clean, Professional
Cheaper than the rest
FREE Estimates
Call Abdullah at 613-720-2070

Movers

Junk Removal

Junk Removal
613-407-1092
Ottawa & Surrounding Area
FREE Estimates
Fast & Professional Service
15% off for Metro Readers

ANNOUNCEMENTS

Community Events

Saturday, November 26th - 12:30 TO 4 PM
HOLLY TEA AND BAZAAR
Christ Church Cathedral Hall - 420 Sparks St.
Call 613-236-9149 for Tea Tickets

Gotta old couch you wanna get rid of?

Place your ad in
Metro classifieds
metroclassifieds.ca
1 800 527-6767

FRESHLY PAINTED 1 & 2 BEDROOM SUITES!

- Laundry on-site
- Renovated common areas
- Parking available

GREAT LOCATIONS:

57 BAYSWATER

Close to Civic Hospital

613.761.7575
bayswater@clvgroup.com

341 FLORA

Great downtown locations

613.978.8720
artista@clvgroup.com

ACADIA APTS

Close to great shopping

613.978.8713
acadia@clvgroup.com



www.clvgroup.com

SCAN
TO
WIN



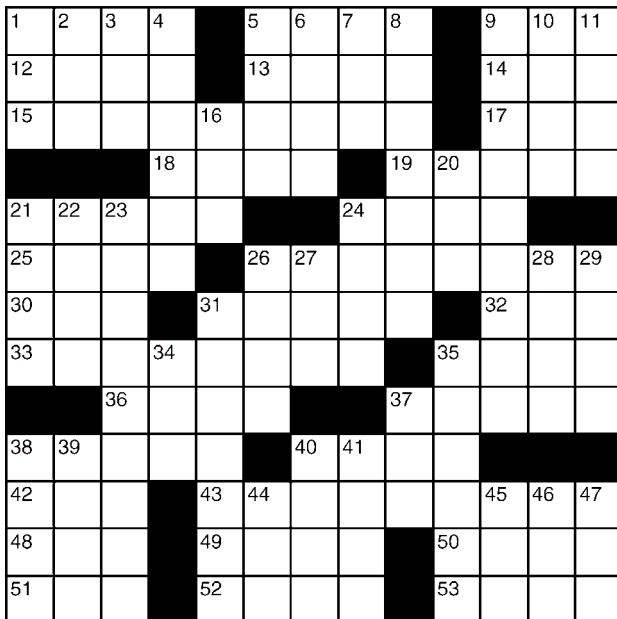
Crossword

Across

- 1 Perjured oneself
- 5 Start from scratch
- 9 Craze
- 12 Farm fraction
- 13 Fermi's tidbit
- 14 Salt Lake athlete
- 15 Sprout
- 17 Depressed
- 18 Elevator name
- 19 Uncomfortable, as a mattress
- 21 Denominations
- 24 "Frasier" actress Gilpin
- 25 Verifiable
- 26 Light snowfalls
- 30 Have a bug
- 31 Pops
- 32 Hearty brew
- 33 Bring to mind
- 35 Pack cargo
- 36 Levin and Gershwin
- 37 Verses
- 38 Huge mistake
- 40 Hawaiian island
- 42 Literary collection
- 43 End
- 48 Performance
- 49 Therefore
- 50 Two-way
- 51 Witness
- 52 Beams of sunlight
- 53 Read cursorily

- 43 End
- 48 Performance
- 49 Therefore
- 50 Two-way
- 51 Witness
- 52 Beams of sunlight
- 53 Read cursorily

- 1 Trail the pack
- 2 Lemieux milieu
- 3 Goof up
- 4 Remove a stripe, maybe
- 5 Hindu royal
- 6 Greek vowels
- 7 Web address



- component
- 8 Brunch entrees
- 9 Denounce
- 10 On
- 11 Moist in the morn
- 16 Where — at
- 20 Spoon-bender
- 21 Celebrity
- 22 One of HOMES
- 23 Reach a peak
- 24 Carson's predecesor
- 26 Corn castoffs
- 27 Rhyming tribute
- 28 Latch (onto)
- 29 Stitches
- 31 "Are You — Than a 5th Grader?"
- 34 Before
- 35 Noises
- 37 — Beta Kappa
- 38 Sheepish remarks?
- 39 Formerly
- 40 Group revelry
- 41 Andy's pal, on old radio
- 44 Historic time
- 45 Arctic diving bird
- 46 Mai — (cocktail)
- 47 Shade provider

► Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►



Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Stephen, Welcome home!!!! I missed you very much, It's going to be your birthday soon woohooo 20 yrs old wow Where has the time gone, I remember just like it were yesterday you waking up every half hour for something to eat you were always hungry I guess that hasn't changed Hahaha, I love you Stephen with all my heart. MOMMY

Stefan LP, You are the reason I wake up every morning with a smile on my face. Knowing you are there for me is the only thing I need to get me through the day. Everyone doubts this will last; let's prove them wrong! Love you baby! YOUR BUTTERSCOTCH COOKIE

Bee, Thanks for the greatest 6 months babe. Your the best and I feel lucky everyday for having you. I love you bee. RDMOM

Today's horoscope

♈ Aries March 21-April 20 What you did before is irrelevant — it's what you do next that counts.

♉ Taurus April 21-May 21 Don't let minor setbacks worry you because overall your prospects are remarkably good.

♊ Gemini May 22-June 21 You can and you must be more open with those you live, work and do business with.

♋ Cancer June 22-July 22 If you can't beat it you might as well enjoy it.

♌ Leo July 23-Aug. 23 You have always been adventurous, but over the next few weeks there will be

no limits at all.

♍ Virgo Aug. 24-Sept. 22 Don't keep your dreams to yourself — share them with family and friends you can trust.

♎ Libra Sept. 23-Oct. 23 The Sun's change of signs means a change of scene will do you the world of good.

♏ Scorpio Oct. 24-Nov. 22 Your confidence may dip a bit today, but you'll be back to your best very soon.

♐ Sagittarius Nov. 23-Dec. 21 Identify your goal, and soon you will reach it.

♑ Capricorn Dec. 22-Jan. 20

For today's crossword answers and for expanded horoscopes, go to metronews.ca

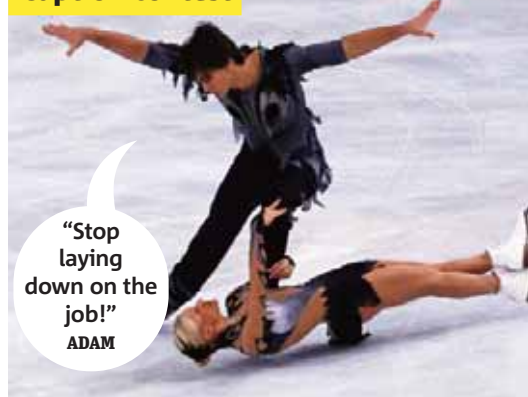
Some kind of hidden knowledge will be revealed to you today and if you are smart you will make good use of it.

♊ Aquarius Jan. 21-Feb. 18 If you make an effort to get out into the world today you may meet someone who inspires you to believe that people are not so bad after all.

♋ Pisces Feb. 19-March 20. Cosmic activity in the career area of your chart means you will enjoy some kind of good fortune on the work front today and, most likely, for the rest of the week.

© SALLY BROMPTON

Caption contest



WIN! You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

FLIGHT CENTRE Unbeatable

Puerto Plata 7 Nights 3.5-Star All-inclusive
\$256

Allegria Puerto Plata + taxes & fees \$403
Departs Dec 1/sgn/wg. **UPGRADE** to the 5-star Riu Bachata for \$7 per night.

1 866 720 4853 | flightcentre.ca

Conditions apply. Ex. Montreal. Package prices are per person, based on double occupancy for total length of stay unless otherwise stated. All-inclusive packages include air. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Taxes & fees include transportation related fees, GST/HST and fuel supplements and are approximate and subject to change. Signature: Head office address: 1 Dundas St W Suite 200, Toronto, ON. Call for retail locations. ONT. REG #4671384



step out of your cocoon



Looking to meet new faces in Ottawa?

Meet like-minded individuals and find things to do through Ottawa's newest and most comprehensive social club!

www.sociableevents.com

@sociableevent

UPCOMING EVENTS

SUN DEC. 4 • Women Only
Sociable Yoga

Bikram Yoga is specifically designed to work the entire body, using heat to stretch deeper and flush toxins.

WED DEC. 14 • Couples
Fantasia Party

Find the perfect Christmas gift you can both appreciate! Fantasia features a variety of sensual products & lingerie.

Sign up or book your spot online!



OTTAWA GOLD

Paying You the Highest Gold and Silver Prices Guaranteed

Don't be fooled by recycling and road show events any longer. We offer significantly higher prices and we stand behind our promise to offer you the highest prices guaranteed. Breathe easy and sell with confidence. Visit us today and be pleasantly surprised.

WE PROMISE YOU...



The Highest Prices Guaranteed

Since we offer our very best prices upfront, there's no need for stressful negotiations. We're so confident in our prices and service, that if you get a higher offer for your jewellery, we will beat that price by 20% of the difference!

Terms and Conditions can be found at www.OttawaGold.ca

Honest, Friendly and Transparent Service

We are dedicated to providing honest and transparent service with the highest payouts in the industry and no hidden fees. Everything is done right in front of you so you can be involved in every step, and payments are made in person, on-the-spot.

How it Works....

1. Bring in your unwanted jewellery.
2. Our friendly and professional staff will test your items right in front of you and involve you in every step.
3. You walk away with a cheque.

WHAT WE PAY

Karat|Price/gram

1oz Maple Leaf Coin (9999)	\$1663/coin
999 Gold Coins and Bars	\$51.38
24k Jewellery	\$42.07
22k	\$38.57
East Indian and Nuggets	\$34.18
18k	\$31.55
14k and dental	\$24.54
10k	\$17.53
.925 Sterling Silver	\$00.58

We also offer refining services for large and dental lots.
Please contact us for fee and payout information.

Additional Pricing

Gold Coins

Gold Coins Under 24kt (Per Gram of Gold)	\$47.95/gram
Maple Leaf Coins under 1 ounce	\$51.95/gram
999 Gold Bars under 1 ounce	\$49.10/gram

Silver

Silver Maple	\$30.36/coin
Silver Bullion	\$29.23/ounce
Stamped Sterling Silver	\$0.58/gram
Stamped .800 Silver	\$0.50/gram
Silver Items not 925 or 800 (per gram of silver)	\$0.63/gram

Canadian Silver Currency

Coins from 1966 or earlier	14.3 Times Face Value
Coins from 1967	9.8 Times Face Value
Coins from 1968	8.5 Times Face Value

American Silver Coins

Coins from 1964 or earlier	15.2 Times Face Value
----------------------------	-----------------------

Platinum

Platinum Jewellery (stamped 950)	\$30.71/gram
Platinum Jewellery and Industrial (999)	\$32.33/gram
999 Platinum Coins	\$37.90/gram

*Canadian Dollars
Last Update 11/21/2011

Example Purchase 1:

Purity: 14k • Weight: 193.50g

PRICE: \$4,748.49



Example Purchase 2:

Purity: 24k • Weight: 6.42g

PRICE: \$270.09



Example Purchase 3:

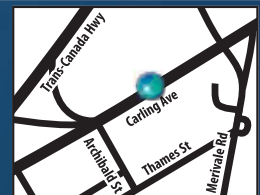
Purity: 14k • Weight: 183.30g

PRICE: \$4,498.18



613.979.GOLD (4653)

Westgate Shopping Centre, 1309 Carling Ave, Ottawa
Monday to Friday, 9:30am to 6pm • Saturday, 10am to 5pm



www.ottawagold.ca